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NEWS WORTH SHARING.

CAR AD PROVOKES OUTRAGE

FORD INDIA SORRY FOR AD FEATURING BOUND WOMEN IN TRUNK OF CAR DRIVEN BY BERLUSCONI

PAGE 15

Thumbs down

Something for nothing, even over sms, is still probably nothing, experts warn, as texting scams see surge provincewide

PAGE 3

Your body's acid test

Celebrities like Victoria Beckham swear by the alkaline diet, but does it work? A nutritionist weighs in on the claims

PAGE 21

Mr. Sorry tells his story

Who knew being a jerk could pay off? Memoirist Dave Bry has filled an entire book with apologies to everyone he's ever slighted

PAGE 23

B.C. brings the smarts

Learning Curve special feature looks at some of the province's students, academics and programs giving our education a good name

PAGES 24 to 28

A hen found strolling the city's streets is temporarily living at the Vancouver Animal Control Shelter. The city has decided that there are not enough cases of chickens on the lam to warrant construction of a coop. EMILY JACKSON/METRO

Plan for city chicken coop nixed

Spare some change for a homeless hen? New shelter would have cost $20,000, while just 20 complaints are received each year

EMILY JACKSON
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Vancouver's plan to build a coop for abandoned chickens was a bad egg.

There simply haven't been enough homeless hens to warrant construction of a $20,000 shelter in the nearly three years since city council passed a bylaw allowing backyard chickens, a city spokesperson said Monday.

The few that are picked up are kept in a dog kennel at Vancouver Animal Control Shelter until they are placed — usually at a hobby farm, according to staff. The cash went back into the budget.

The coop, included in the bylaw so stray chickens in city custody wouldn't get stressed out living beside dogs, sparked loud squawking by Vision Vancouver's political rivals during the 2011 election.

But few have given a cluck about chickens since then, with the city receiving about 20 complaints annually.

Just a handful of chickens have stayed at the shelter over the past three years, including a reddish hen that was dropped off in a cat carrier on Sunday by a concerned citizen that saw her wandering the streets.

The unnamed chicken hasn't laid an egg since she's been in her four-by-five foot cage next door to the bunnies, but she seems to enjoy the feed, fresh water and hay provided by the city.

Henhouse builder and founder of DailyEggs.com Duncan Martin has fostered chickens occasionally, though he said it's unusual for people to give up on backyard coops.

"There aren't that many people that impulsively buy chickens," Martin said, noting his clientele is mostly families with young children.

Unregistered

200-300

Duncan Martin, henhouse builder and DailyEggs.com founder, believes there are likely around 200-300 coops in Vancouver, though just 100 are registered.

Even if their chickens stop laying eggs, many Vancouverites get "quite attached to them and let them live out their lives."

The only time city folks typically return chickens are when they accidentally purchase roosters, which are banned for noise reasons.

There are 100 homes registered with the city to have a maximum of four hens. Martin, however, pegs the actual number of coops to between 200 and 300. Some people aren't aware they have to register, he said, while others don't want their chickens on record in case a bird-flu scare prompts a cull.

Martin recommends alerting neighbours before building a coop so as not to ruffle any feathers.

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Glacier National Park

Avalanche claims another life

A 38-year-old man has died in an avalanche in Glacier National Park near Revelstoke, the second avalanche death in two days in the province.

The BC Coroner's Service has identified him as Jason Chad Westbury of Revelstoke.

The RCMP say he was with two other backcountry skiers when the slide came down Sunday afternoon.

His friends were able to dig him out and applied CPR, but by the time a Parks Canada team arrived by helicopter, Westbury had died. THE CANADIAN PRESS

Kamloops

Man critical after skateboard blow

A 46-year-old man is reported in critical condition after being hit in the head with a skateboard during an altercation with a group of teens outside a convenience store in Kamloops Sunday.

RCMP Staff Sgt. Grant Learned says the incident began when the teens jaywalked in front of a truck, the driver honked at them and then pulled over believing something had struck his truck.

He says a passenger in the vehicle got out and confronted the teens, apparently pushing a 17-year-old girl to the ground before advancing on a 15-year-old boy.

Learned says that's when he was hit with the skateboard. The man has not regained consciousness.

The boy was arrested at the scene but later released. No charges have been laid yet. THE CANADIAN PRESS

Soaking up the sunshine

A jogger is silhouetted as she runs along the seawall in downtown Vancouver on Monday. Today, Environment Canada is calling for mixed sun and clouds with a high of 11 C. JONATHAN HAYWARD/THE CANADIAN PRESS

600% surge seen in texting scams

Provincewide problem. Organized crime is sometimes to blame, but often perpetrators are just Internet savvy: Better Business Bureau

Experts are warning cellphone users to autocorrect their behaviour after record-high reports of British Columbians being tricked by text-message scams.

Texting-related hoaxes jumped 600 per cent in 2012 from the previous year, while B.C. residents wracked up $7,700 in losses, according to the Canadian Anti-Fraud Centre.

Mark Fernandes, with B.C.'s Better Business Bureau, said the situation is alarming.

"Previous to last year there wasn't very much activity at all, and then all of a sudden we're seeing a huge spike," said Fernandes.

He chalked the increased number of cons up to a growing number of smartphone users, as well as a rise in people accessing social-media websites.

"Look up companies, see what the reviews are if you're thinking of downloading any apps," Fernandes advised.

"Most of the time (free stuff) probably is a scam unless you've signed up for a specific contest with a retailer. It's not that they just randomly select people who have never shopped there or never signed up for a specific contest."

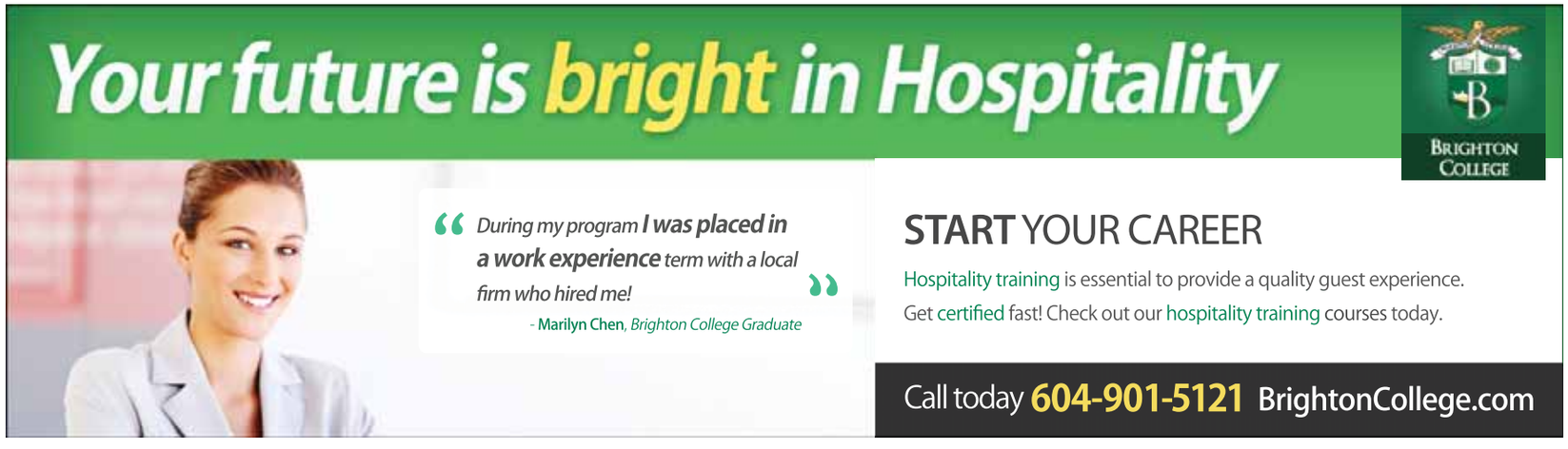
Manjit Bains, who works with Consumer Protection BC, said there are several kinds of text-message scams.

One form of fraud entices the user by promising a free gift card, cruise or vacation. The person must click a link and fill out personal information to claim what they are led to believe will be their prize.

"People's emotions can run pretty high, especially in the winter months," Bains said. "So people are pretty excited in those situations and start clicking things."

She said another common con occurs when messages come from a seemingly official source, asking the user to reply or take some kind of action that will ultimately prove to the scammer that the phone number is active.

THE CANADIAN PRESS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Listings at house hunters' fingertips

Residr.com. Startup founder says real estate industry needs to do a better job providing info to homebuyers

LIAM BRITTEN
vancouver@metronews.ca

Adam Naamani wanted to solve the biggest problem with house hunting in Vancouver: "It's a real pain in the ass to find information."

That astute observation by the seven-year real estate veteran led him and two colleagues to create Residr.com, a real estate search engine that launched Monday with 21,000 listings in the city.

Residr gives users more information than just a price or a number of bedrooms when they search for a home. Listings are displayed as text or on neighbourhood maps with schools, transit and other nearby amenities. Even mortgage estimates, taxes, fees and land value over time are broken down.

Naamani said existing online realty services often lack such complete information, and this can create a power imbalance between homebuyers and realtors.

"What's available is ancient technology. It's a real broken system," he said. "Our platform logs ... all this fragmented real-estate data coming in and actually makes sense of it so buyers can have context."

Residr only has Vancouver listings presently, but the founders plan to include listings from Chilliwack, Surrey and the Fraser Valley eventually.

Naamani said he hopes to turn the site into an in-house realtor and mortgage broker after some growth.

"It's a matter of experimenting at this point," he said. "There needs to be something that actually moves this industry forward. It's so stagnant as it is now. So the first step towards that is providing customers information first and foremost."

From left, Luke Harrison, Adam Naamani, Jordan Arseno and Jason Naamani of Residr.com in Vancouver on Monday. ERIC DREGER/THE CANADIAN PRESS

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'I did not lie,' alleged kidnap victim tells court

An alleged kidnapping victim, now behind bars in California for drug trafficking, denied during a Vancouver trial that he lied to or misled a U.S. judge.

On Monday, defence lawyer Matthew Nathanson suggested to the witness, Sulaiman Safi, that when he was sentenced last month for drug dealing, he lied to an official who prepared a pre-sentence report and tried to mislead the sentencing judge by minimizing his criminal past.

Nathanson, who represents former North Vancouver Realtor Nazfar Mirhadi, one of seven accused on trial for kidnapping Safi in 2011, suggested Safi never mentioned that he had been previously involved in illegal money laundering, credit card fraud and cheque fraud.

"No, I did not lie," Safi testified via video in B.C. Supreme Court. "I was not asked, sir, so I did not lie."

Nathanson also questioned Safi about his previous experience in laundering the proceeds of crime in the U.S.

"I had knowledge of how it was done," Safi told Justice Catherine Bruce. "But this was the first time it actually happened. If it was completed, I wouldn't have been kidnapped."

The Crown contends that Safi was kidnapped in Vancouver and taken to Richmond, where he was tied up and threatened at gunpoint that he would be tortured if he didn't hand over $440,000.

The Crown's theory is that Safi went to a pub in Vancouver's west end to meet Mirhadi, 28, who had earlier asked Safi if he could transfer $400,000 cash to the U.S.

The transfer of the money went awry — police seized a large portion of the cash as it was being transported.

Safi recalled Monday that he had a friend with a construction company who initially tried to claim the seized money, but that plan failed.

Safi now is serving an 6.7-year sentence in a California prison after pleading guilty to being involving in a scheme to traffic seven kilograms of cocaine and 20 kilos of ecstasy.

Also on trial for kidnapping and unlawful confinement are Demple Brar, 43, of Richmond, Robert Carr, 29, of Abbotsford, Edmond Gammel, 25, of Surrey, David Tarrant, 29, of Kamloops, Thomas Crawford, 31, of Kamloops, and Veronica Moncur, 21, of Kamloops.

NEAL HALL/THE CANADIAN PRESS, EXCLUSIVELY FOR METRO

B.C. judge puts amateur hockey association in the penalty box

A B.C. Supreme Court judge has ruled that the Pacific Coast Amateur Hockey Association ignored a court order and held an appeal hearing without having an open mind.

Instead, the association held a hearing when it knew that a father of three children could not attend the appeal, which was set outside the dates ordered by the court.

"Frankly, it is surprising that an organization, with competent legal counsel, would ignore the direction of a court in regards to the procedure of an appeal and the time parameter," Justice Joel Groves said in a written ruling released on Monday.

"Did they approach the appeal hearing with an open mind, provide notice and give the impacted party an opportunity to be heard? I find they did not," Groves said of the association.

The court became involved in the issue when Kevin Farren filed a petition against the association last Sept. 28.

Farren asked the court to grant his three children permission to play minor hockey in Richmond.

He told the court the deadline for hockey registration was imminent and he had applied to the PCAHA to transfer his children to two Richmond associations from the family's previous location of Cloverdale.

He claimed there had been substantial delay because of "personal difficulties" he had with officers of the PCAHA. Farren said he was promised a timely decision from the group, but the decision had not been forthcoming and the deadline was fast approaching.

The judge ordered that an internal appeal of the matter be dealt with between Oct. 23 and 25, but the PCAHA held the appeal hearing on Oct. 21, 2012, a date on which Farren said he could not attend because he was working in the Kootenays.

The association denied Farren's appeal during the Oct. 21 hearing.

The judge ordered the PCAHA to pay $750 in court costs for its conduct — ignoring a court order — and directed that the appeal be held on April 23 or 24.

NEAL HALL/THE CANADIAN PRESS
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Personal income taxes

B.C. Tories offer tax credits to drivers who use ferries, toll bridges

People who use BC Ferries a lot or pay tolls on two major bridges in Vancouver would get a tax break under a B.C. Conservative government.

Party leader John Cummins says those users would be able to claim an annual income-tax credit to reduce their provincial personal-income taxes.

Cummins says people who spend at least $780 in one year on ferry fares or tolls would be able to claim an annual tax credit up to a maximum of $408. THE CANADIAN PRESS

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Hugh Harden, vice-president of operations and engineering at Kinder Morgan Canada, speaks during a land-based spill-prevention and response symposium on Monday at The Westin Bayshore hotel in Vancouver.
ERIC DREGER/THE CANADIAN PRESS

Oil and gas execs talk of lessons learned from spill

In the past. Keynote addresses at symposium by pair of industry executives touch on lessons learned from the 2007 Trans Mountain oil spill in Burnaby

KATE WEBB
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A two-day symposium that began Monday to help B.C. develop a "world-leading" land-based oil-spill prevention and response regime was quickly panned by New Democrats and environmentalists as a pre-election exercise in greenwashing.

Keynote addresses by two oil and gas industry executives touched on lessons learned from the 2007 Trans Mountain oil spill in Burnaby, while emphasizing it was a third-party contractor that ruptured the line.

"We depend on people who follow the rules, (but) we have to assume that some people aren't going to follow the rules, so we implemented a dedicated pipeline protection department and we instituted far more rigorous requirements for parties working near our lines," said Hugh Harden, vice-president of operations and engineering at Kinder Morgan Canada.

"When people are working within a certain proximity of our line, we need to have a Kinder Morgan person on site watching them all the time while they're working."

Al Richie, vice-president of field operations for natural-gas pipeline operator Spectra Energy, said the industry supports the polluter-pay principle, which requires pipeline owners to pick up the costs of a spill regardless of who caused it.

"We're not treading water on these issues," Richie said. "We're not normalizing failures or normalizing spills: Our objective is zero."

The NDP sent out a press release criticizing the Liberal government for signing away the right to conduct its own environmental assessment on the proposed Northern Gateway pipeline, and for participating in federal hearings as an intervenor rather than a government participant.

"New Democrats believe that it's vitally important to bring people and experts together to talk about what kind of oil-spill prevention we want in the province, but talk needs to be backed up with action," NDP environment critic Rob Fleming said in the release.

"New Democrats are opposed to the Enbridge pipeline and have committed to end the federal equivalency agreement and put in place a rigorous environmental assessment to ensure decisions about the pipeline are made here in B.C."

Quoted

"New Democrats believe that it's vitally important to bring people and experts together to talk about what kind of oil spill prevention we want in the province, but talk needs to be backed up with action."

NDP Environment Critic Rob Fleming

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DTES. Housing protests shift to condo development

Trendy restaurants bore the brunt of Downtown Eastside protests last week, but people against gentrification in the low-income neighbourhood shifted their sights back to condos on Monday.

Residents opposed to a 29-suite four-storey building at 537 East Cordova St. rallied at city hall to try to get the project denied.

The development contains five social-housing apartments, but that isn't enough to appease some residents, who say it will displace the vulnerable low-income community.

Recent protests against Pidgin, a new restaurant that serves $5 pickles, have made headlines as the city grapples with change in the area.

Residents are working on a comprehensive neighbourhood plan, but it has been a struggle to find common ground between those who believe the area should stay as is and those who think development could bring improvements.

A local known as Homeless Dave is on the fourth day of a hunger strike to advocate for more social housing and a stop to gentrification in the area. EMILY JACKSON/METRO

Victoria

Suspect dragged, ran over victim with truck: Police

Police in Victoria are investigating a hit-and-run accident in which a man was dragged down a city street for half a block.

Police received several 911 calls on Sunday night from those who watched a white truck run over a man and then take off with the man lodged under the truck. The victim came loose and was then run over by the back wheels of the truck. He was treated in hospital and released.

A 34-year-old North Saanich man was arrested a few hours later. THE CANADIAN PRESS

Liberals pouring millions into end-of-life care

Surplus funds.
NDP questions timing but says it will honour the commitment if the party is elected

KATE WEBB
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Nearly $10 million left over from last year's budget will be used to fund improvements to end-of-life care, Health Minister Margaret MacDiarmid said on Monday, just seven weeks before the provincial election.

The province will provide $2 million each to the Canuck Place Children's Hospice in Abbotsford and Marion Hospice in Vancouver, $3 million for the expansion of the Peace Arch Hospice and $950,000 to help complete and equip the new six-bed Vancouver Hospice Society.

MacDiarmid also announced $2 million to establish a Provincial Centre for Excellence in End-of-Life Care to be based out of the Fraser Health Authority. The centre will develop and communicate guides for care providers across the province.

"There's a great deal that is known today," said MacDiarmid, a former family doctor. "There's been a tremendous amount of research in that area, but the research doesn't always get translated into care for people, and so that's really, to me, at the core what this is about."

The new funding will also help expand telehealth and telemonitoring of patients in residential and other care settings and the translation of materials into Punjabi and Chinese.

NDP health critic Mike Farnworth said all the projects are worthwhile and that an NDP government would uphold the funding commitments that have been made, but accused the government of playing politics by waiting so long to make them.

"I think the real issue is that they should have been announcing this ages ago, as opposed to waiting until just before an election. It's an awful lot of campaigning and not governing taking place," he said.

Health Minister Margaret MacDiarmid says $950,000 in funding will help complete the Vancouver Hospice Society on Granville Street.
ERIC DREGER/THE CANADIAN PRESS

"They want to do it close to an election to make people think, 'What a great job they're doing,' and the reality is that these are important issues that government could have been attending to a lot sooner than a few weeks before the start of an election."

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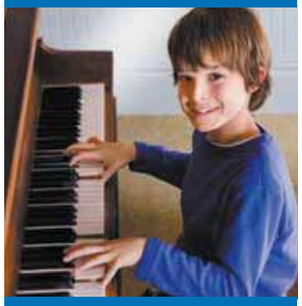

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For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. ‡Until April 30, 2013, receive $250/$500/$750/$1,000/$1,250/$1,500/$2,000/$2,500/$3,750/$4,500/$5,500/$7,000/$7,500/$8,000/$8,500 Manufacturer Rebates with the purchase or lease of a new 2013 Explorer Base / Edge SE / Focus (excluding S, ST and BEV), Fiesta (excluding S), Escape (excluding S) / Flex SE, Explorer (excluding Base), E-Series, F-150 Regular Cab XL 4x2 value leader/ Focus S, Fiesta S/ Mustang V6 Coupe, Taurus SE/ Transit Connect (excluding Electric), F-150 to F-550 Chassis Cabs/Edge AWD (excluding SE)/Edge FWD (excluding SE)/Mustang V6 Premium/ Mustang GT, F-150 to F-450 (excluding Chassis Cabs) Gas Engine/ F-150 Regular Cab (excluding XL 4x2) non 5.0L/ F-150 Regular Cab (excluding XL 4x2) non 5.0L, F-250 to F-450 (excluding Chassis Cab) Diesel Engine /F-150 Super Cab and Super Crew non 5.0L/ F-150 Super Cab and Super Crew 5.0L - all Raptor, GT500, BOSS302, and Medium Truck models excluded. 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This Offer is not combinable with CPA, GPC, Daily Rental Allowances, the Commercial Upfit Program, or the Commercial Fleet Incentive Program (CFIP). Limited time offer. Offer may be cancelled at any time without notice. Some conditions apply. Offer available to residents of Canada only. See Dealer for details. ◊Until April 30, 2013, lease a new 2013 F-150 Super Cab XLT 4x4 with 5.0L engine and get 2.99% annual percentage rate (APR) financing for up to 36 months on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease a vehicle with a value of $29,999/$31,999 at 2.99% APR for up to 36 months with $999/$999 down or equivalent trade-in, monthly payment is $399, total lease obligation is $14,969/$15,363 and optional buyout is $17,136/$18,788. Offer includes Manufacturer Rebate of $8,500. Taxes payable on full amount of lease financing price after Manufacturer Rebate is deducted. Offers include freight and air tax of $1,700 but exclude variable charges of license, tire fill charge, insurance, dealer PDI (if applicable), registration, PPSA, administration fees and charges, any environmental charges or fees, and all applicable taxes. Additional payments required for PPSA, registration, security deposit, WSF Fees (where applicable), excess wear and tear, and late fees. Some conditions and mileage restrictions of 80,000 km over 48 months apply. Acharge of 16 cents per km over mileage restrictions applies, plus applicable taxes. Manufacturer Rebates can be used in conjunction with most retail consumer offers made available by Ford of Canada at either the time of factory order or delivery, but not both. Manufacturer Rebates are not combinable with any fleet consumer incentives. ▼Program in effect from January 15, 2013 to April 1, 2013 (the "Program Period"). To qualify, customer must turn in a 2006 model year or older vehicle that is in running condition (able to start and move and without missing part) and has been properly registered/plated or insured for the last 3 months (the "Criteria"). Eligible customers will receive ($500)/($1,000)/($2,500)/($3,000) towards the purchase or lease of a new 2012/2013 Ford (E-Wax, Fusion Hybrid & Energi)/(Fusion (excluding S, Hybrid & Energi), Taurus (excluding SE), Mustang (excluding Value Leader), Escape (excluding S), Transit Connect (excluding EV), Edge (excluding SE), Flex (excluding SE), Explorer (excluding base)/(F)-150 (excluding Regular Cab 4x2 XL), Expedition, E-Series)/(F)250-550) – all Fiesta, Focus, Raptor, GT500, BOSS 302, Transit Connect EV, Medium Truck, Value Leader and Lincoln models excluded (each an "Eligible Vehicle"). Taxes payable before Rebate amount is deducted. To qualify: (i) customer must, at the time of the Eligible Vehicle sale, provide the Dealer with (a) sufficient proof of Criteria, and (b) signed original ownership transferring customer vehicle to the Authorized Recycler, and (ii) Eligible Vehicle must be purchased, leased, or factory ordered during the Program Period. Offer only available to residents of Canada and payable in Canadian dollars. Offer is transferable only to persons domiciled with the owner of the recycled vehicle. Offer can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. Offer not available on any vehicle receiving CPA, GPC, Commercial Connection or Daily Rental Rebates and the Commercial Fleet Rebate Program (CFRP). Customers eligible for CFRP are not eligible for this offer. Limited time offer, see dealer for details or call the Ford Customer Relationship Centre at 1-800-565-3673. ***Estimated fuel consumption ratings for 2013 F-150 4X4 5.0L V8 6-speed automatic transmission (15.0L/100km (19MPG) City, 10.6L/100km (27MPG) Hwy). Fuel consumption ratings based on Natural Canada approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading, vehicle equipment, vehicle condition, and driving habits. ***F-150: When properly equipped. Max. towing of 11,300 lbs with 3.5L EcoBoost 4x2 and 4x4 and 6.2L 2 valve V8 4x2 engines. Max. payloads of 3,030 lbs/3,000 lbs with 3.5L V6 EcoBoost 4x2 engines. Max. horsepower of 411 and max. torque of 434 on F-150 6.2L V8 engine. Class is Full-Size Pickups under 8,500 lbs GVWR vs. 2012/2013 competitors. ‡‡F-Series is the best-selling pickup truck in Canada for 47 years in a row based on Canadian Vehicle Manufacturers' Association statistical sales report, December 2012. ©2013 Ford Motor Company of Canada, Limited. All rights reserved.

Bus fare?

$1.3-million bag leads to charges

A yearlong investigation into a bus passenger's million-dollar backpack has led to criminal charges.

Winnipeg police were called to a bus terminal in February 2012 and found a man carrying $1.3 million in cash in a backpack.

A 50-year-old man was arrested but released without charges pending further investigation.

Last month, Erwin Thomas Speckert of Minden, Ont., was charged with several proceeds-of-crime offences allegedly linked to illegal gaming in Ontario.

A warrant for his arrest was obtained, and he turned himself in last week.

Speckert has been released and is set to appear in court in Winnipeg on April 22.

THE CANADIAN PRESS

Once more with clothing

Prince Harry heads back to U.S.

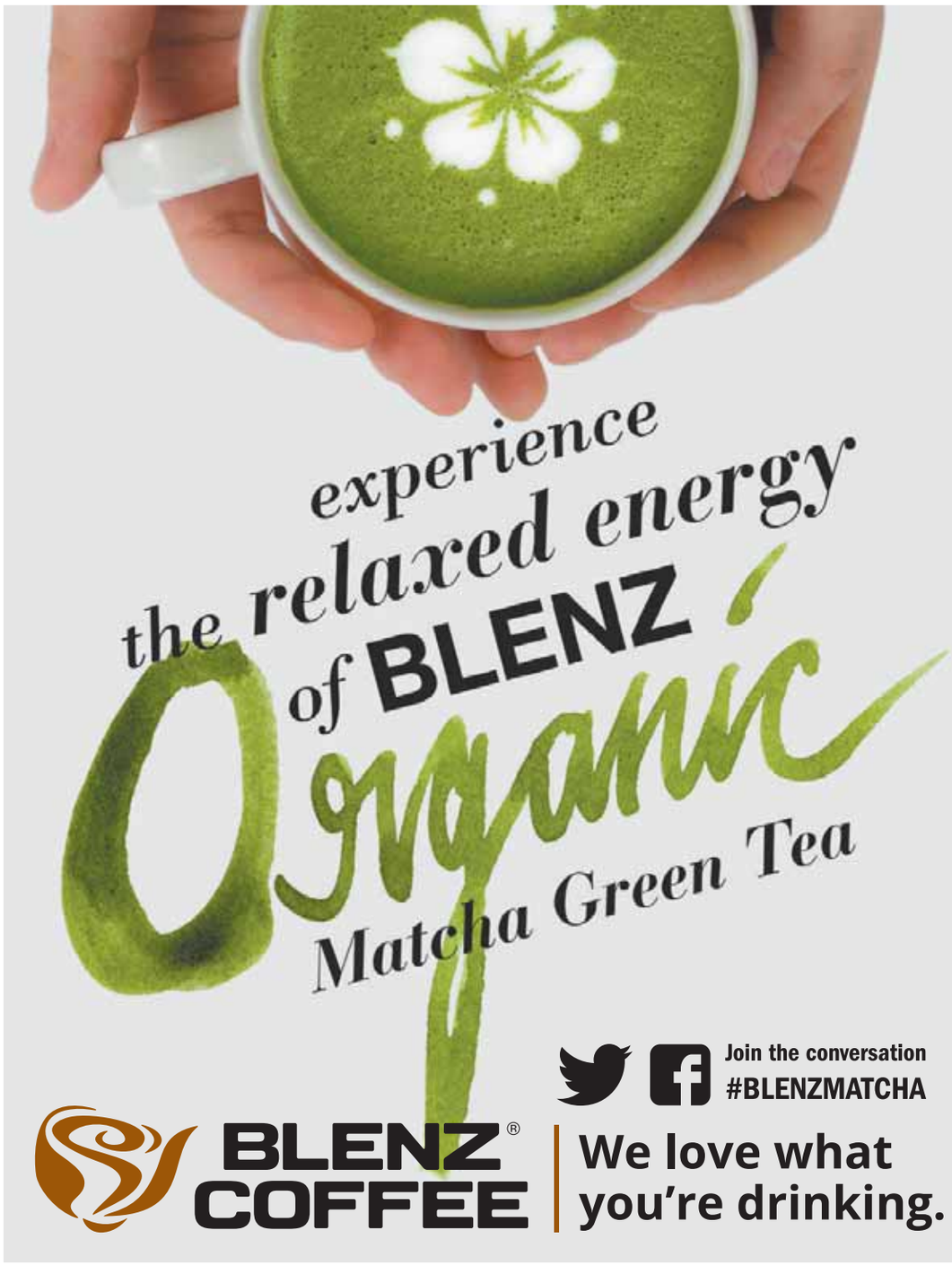
Britain's Prince Harry is returning to the U.S. — but skipping Vegas this time.

Harry, a supporter of charities that rehabilitate war veterans, will attend events at the 2013 Warrior Games, a competition between U.K. and U.S. veteran athletes.

His May 9-15 visit will include an exhibition on Capitol Hill about landmine clearance and a tour of areas hit by Superstorm Sandy.

Harry will also play in a polo cup for Sentebale, a charity founded by Harry and Lesotho's Prince Seeiso to help poor children in the African country.

On his visit last year, the prince made headlines when he was caught frolicking in the nude with a woman after an alleged game of strip billiards in his Las Vegas hotel room. THE ASSOCIATED PRESS



Deputies of the Five Star Movement attend the second-day meeting of the new Italian parliament on March 15 in Rome. The party broke a world record for its MPs' median age. GIORGIO COSULICH/GETTY IMAGES

Italy's youth rise to power amid chaos

Five Star Movement. Protest party received quarter of all votes

ELISABETH BRAW
Metro World News in Rome

Italy's parliament is suddenly looking like a university auditorium. That's because many of the newly elected parliamentarians are students.

MP Laura Castelli, 26, once tweeted about a journalist who was chasing her: "He thinks we're extraterrestrials."

It's true that these new MPs have little knowledge of political proceedings: Most of them belong to the Five Star Movement, Italy's phenomenally successful protest party.

"So many people voted for (leader) Beppe Grillo because they're nauseated by all the recent scandals," said student Luisa Ciaramella, 25, from Naples.

The median age of the Five Star parliamentarians in the lower house is 33 — a world record. Thirty-five of these new parliamentarians are under 30. And, as Grillo recently pointed out on his blog, his MPs are also Italy's best educated.

But while Italy's parliament enjoys an aura of fun rebellion, its problems remain grave.

Five Star has proposed leaving the eurozone, an idea Umberto Ambrosoli of the centre-left alliance called "very dangerous. They're just suggesting it to abdicate themselves from responsibility."

Holy smokes! Israel gets first kosher-certified cigarettes for Passover

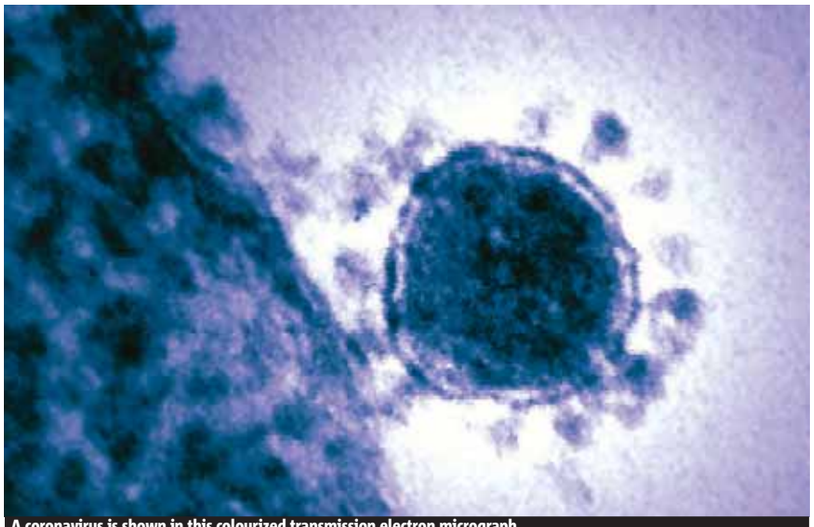
Observant Jews in Israel craving a smoke during the weeklong Passover holiday that started at sundown Monday can now enjoy a rabbi-approved puff.

It's the first time cigarettes have joined the long list of goods stringently checked to ensure they comply with Passover rules on what items are kosher for the holiday — meaning they have not come in contact with grains or other forbidden ingredients.

The chief rabbinate in Israel, however, disapproved.

Label reads: "Kosher for Passover." ODED BALILTY/THE ASSOCIATED PRESS

"Poison is not kosher. For all days of the year, not just Passover," said spokesman Ziv Maor. THE ASSOCIATED PRESS



A coronavirus is shown in this colourized transmission electron micrograph.

CONTRIBUTED, U.S. NATIONAL INSTITUTE FOR ALLERGY AND INFECTIOUS DISEASES-RML BETH FISCHER/THE CANADIAN PRESS

Experts fear new SARS-like epidemic from superspreaders

New virus. There have been 16 confirmed cases recorded in Saudi Arabia, Qatar and Jordan — 10 of them have been fatal

People who think the new coronavirus couldn't take off and cause a SARS-like crisis may have forgotten a phenomenon that was a game-changer during SARS — patients called superspreaders.

At present, this new coronavirus doesn't seem to spread easily from person to person, a fact that some people use to argue it will not become the next SARS. Some limited human transmission has occurred, but confirmed cases are few and sporadically seen.

However, several experts suggest that superspreaders, which turned SARS into a global outbreak, could do the same with this new virus. That term refers to people who buck the transmission trend with a given bacteria or virus, infecting many more people than the norm.

If the virus infected someone who turned out to be a superspreader, and that person sought care in a hospital that wasn't taking precautions against novel coronavirus infections, this new disease could rapidly begin to resemble SARS.

THE CANADIAN PRESS

Toronto superspreaders

SARS went global thanks to a superspreader — a Chinese doctor who infected more than a dozen people at a Hong Kong hotel. One of those people brought the virus to Canada.

- Toronto had several superspreaders — one early case infected 44 others. An elderly couple who contracted the virus on the night SARS made its first appearance in a Toronto hospital were both superspreaders.

Sex surrogates. France pulls contentious term

A French regional government opened debate Monday on "the sexual life of the disabled" but backed off a push for sex surrogates amid unease about the issue.

The head of the Essonne department south of Paris, Jerome Guedj, had called for allowing sex surrogates — people who can help the disabled explore their sexuality — as part of regular social services. But Guedj pulled the most contentious part of his proposal Monday, removing the term "sex surrogates" after coming under criticism for opening the door to legalized prostitution.

Instead, the council agreed for now to open a "reflection on the sexual life of the disabled." THE ASSOCIATED PRESS

Fake movie scam

5 jailed in Britain for Argo-like plot

Five people have been jailed in Britain for pretending to make a Hollywood movie in a scam to defraud tax authorities of $4.3 million in a plot reminiscent of the Academy Award-winning hit Argo.

The leader was jailed Monday for six and a half years. THE ASSOCIATED PRESS

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Sadistic, tyrannical, unstable ...

Startling testimony at inquest. Psychiatrist reveals the dark side of teen Ashley Smith

A teenage girl who killed herself in her prison segregation cell was highly unstable, showed sadistic tendencies and was one of the most difficult cases he had ever seen, a psychiatrist testified Monday.

Dr. Jeffrey Penn told a Toronto inquest into Ashley Smith's death that only top-quality psychological care could have helped her overcome her extreme problems.

"She presented one of the more severe personality pathologies that I have encountered," Penn said.

Smith was emotionally immature, giggly, took pleasure in inflicting pain on others and had only a limited capacity for remorse, Penn testified.

"This young woman is essentially a large tyrannical child who can't tolerate limits, feels estranged and isolated from peers, unloved, unliked, and often hopeless," Penn once wrote.

Despite the problems, Penn said the mental-health system in prison is "better than people think."

THE CANADIAN PRESS

Her lonely end

Ashley Smith choked to death in segregation at the Grand Valley Institution in Kitchener, Ont., in October 2007. She was just 19.

Sign here please, PM ... you have a parcel of pandas

What's black and white all over and the centre of Prime Minister Stephen Harper's attention? Look right — there's Da Mao, one of two giant pandas that have just flown in from China on the Panda Express, a specially outfitted jetliner. Harper officially took delivery of Da Mao — like panda Er Shun, on loan to Canada from China — at Toronto's Pearson International Airport on Monday. "It's not every day you get to sign for pandas," the prime minister joked. The loan is the result of a deal reached when Harper visited China just over a year ago. FRANK GUNN/THE CANADIAN PRESS

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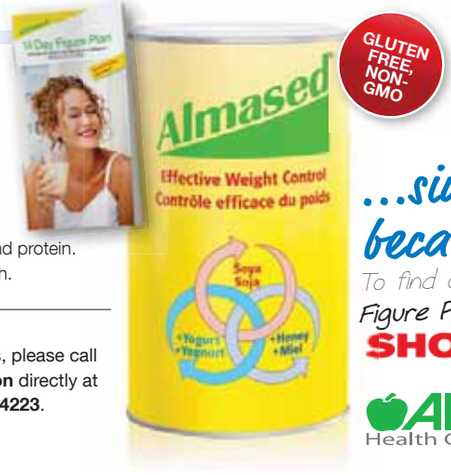

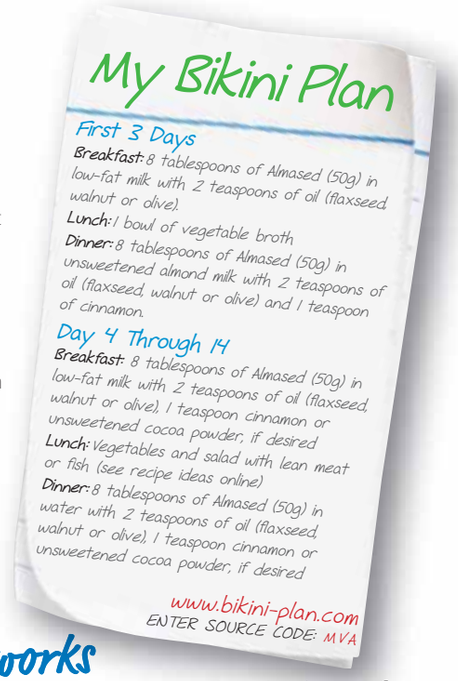
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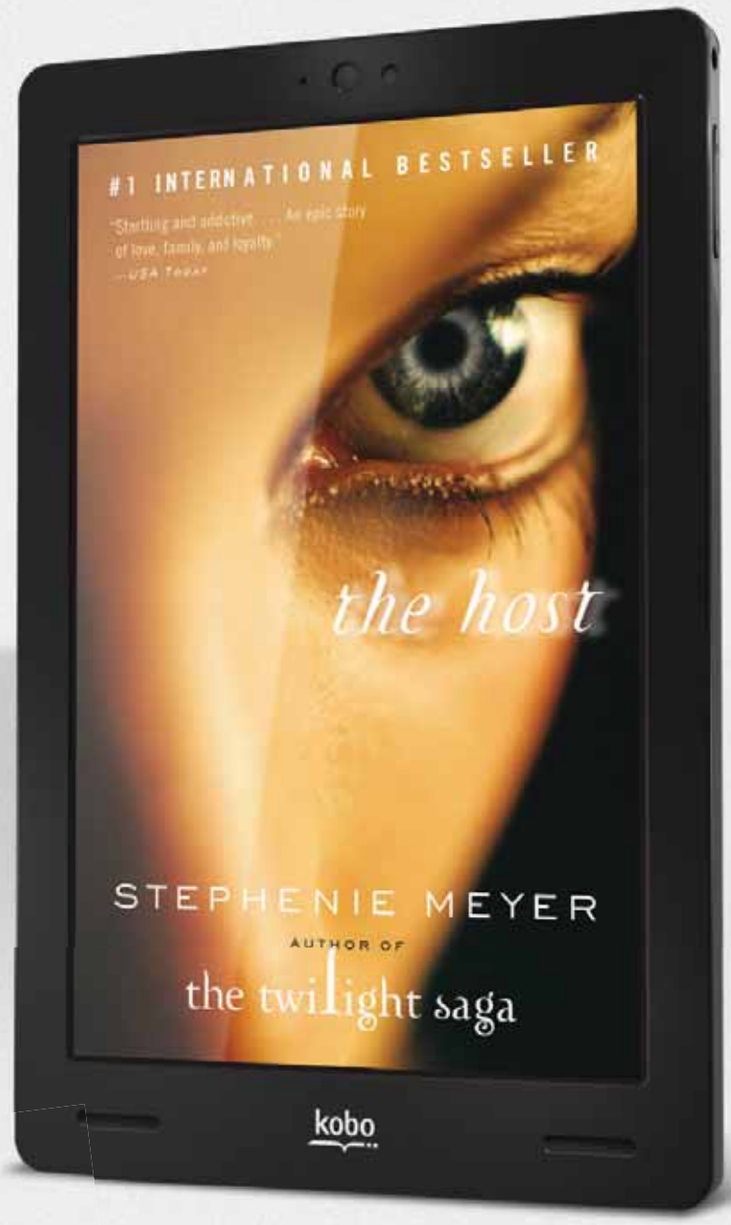

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NRA making robocalls to Newtown

Scene of school shooting. Residents say they are furious over the National Rifle Association's phone lobbying

Some residents of the Connecticut community devastated by December's school shooting said they're outraged over automated phone calls they've received from the National Rifle Association gun lobby only three months after a gunman killed 20 first-graders and six educators.

Newtown residents said the automated calls from the NRA began last week and urge people to tell their state legislators to oppose gun-control proposals, which are being debated in Connecticut and other states in the wake of the shooting. Some also said they received postcards from the NRA supporting gun owners' rights.

"It's ridiculous and insensitive," Newtown resident Dan O'Donnell told Hartford-area NBC affiliate WVIT-TV.

THE ASSOCIATED PRESS

'Insensitive'

"This was a really hard week for me on a lot of levels. These calls were the very last thing I needed." Christopher Wenis, who has a five-year-old who went to preschool on the Sandy Hook campus. He has received three NRA calls.

The colours of Sandy Hook Elementary School in Newtown, Conn., worn by a marcher. THE ASSOCIATED PRESS FILE

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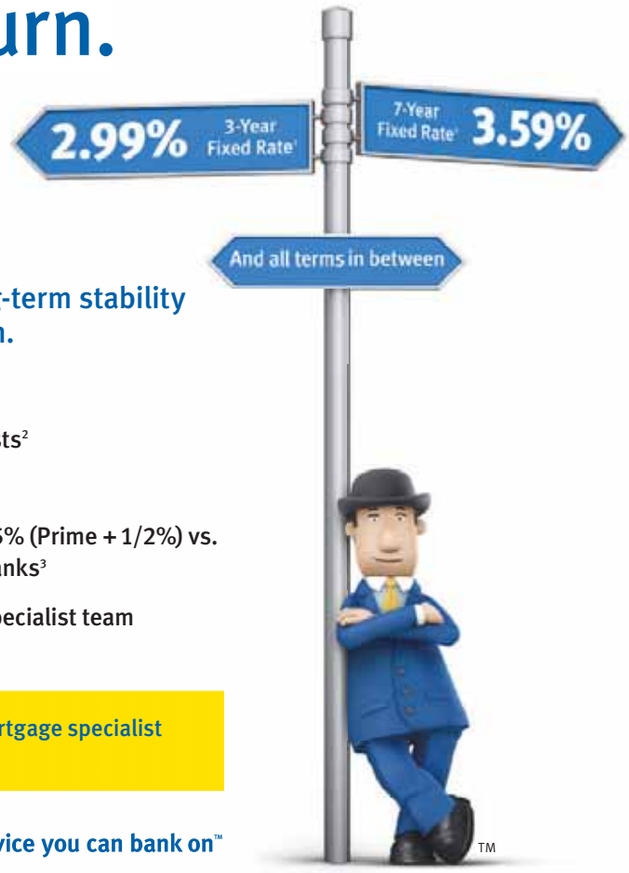

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Did you say this was spring?

A commuter walks through a spring snowstorm Monday in Philadelphia. The weakened storm that blanketed the U.S. Midwest with heavy snow and slush continues moving east with its cold temperatures and a miserable mixture of snow and rain. MATT ROURKE/THE ASSOCIATED PRESS

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Ford India apologizes for ad with Berlusconi, bound women in trunk

Mumbai. Images that appeared online may never have been seen by anyone at automaker

This ad, depicting Italy's former prime minister Silvio Berlusconi with three bound women in the trunk of a Ford Figo, was created at advertising agency JWT India and appeared on the site adsoftheworld.com. The CEO of JWT India says that it and two similar ads were never paid for and "were not expected to be released." SCREENGRAB

The Indian unit of Ford Motor Co. has apologized for advertisements decried as demeaning to women, including one depicting Italy's former prime minister Silvio Berlusconi with a trio of bound women in the trunk of a car.

A Ford India spokeswoman said Monday that the company is investigating whether anyone at the automaker ever saw the print ads, which were never used commercially but appeared over the weekend on a website showcasing creative advertising.

The ads caused an uproar online and came just after India passed a new law on violence against women following a fatal gang rape of a student on a bus that prompted mass protests and spotlighted the status of women in India.

Featuring Ford's logo, one ad showed three women bound and gagged in the trunk of an Indian-made compact, the Ford Figo, with Berlusconi smiling from the driver's seat alongside the slogan "Leave your worries behind with the Figo's extra-large boot."

Ford said Monday that it regrets the incident, calling the images "contrary to the standards of professionalism and decency within Ford."

THE ASSOCIATED PRESS

Ottawa. NDP wants RCMP to investigate budget leak

The RCMP should investigate last week's federal budget leak about tariff reductions because it could have allowed insiders to manipulate markets, the Opposition New Democrats charged Monday.

NDP deputy finance critic Guy Caron has written RCMP Commissioner Bob Paulson about "potentially criminal actions related to a breach of budget secrecy."

The National Post, followed by the Globe and Mail, both reported on the eve of last Thursday's budget delivery that Finance Minister Jim Flaherty would cut tariffs on hockey gear and some baby clothing.

The newspaper scoops were widely interpreted as tactical leaks by the Harper government to prime the media machine — and television reports on budget day were indeed filled with images of kids in hockey gear. Only later did it become clear that the Conservatives had also increased tariffs on a much wider array of goods, more than offsetting any tariff cuts to a few popular items.

Caron couldn't quantify any financial edge the leak might have offered a would-be investor, but he said that's beside the point.

THE CANADIAN PRESS

Precedent

- NDP deputy finance critic Guy Caron says such budget leaks were once taken very seriously, citing the leak under the Mulroney Conservatives in 1989 that led to the resignation of the finance minister and an RCMP investigation.

Market Minute

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Natural gas: $3.87 US (-6¢)
Dow Jones: 14,447.75 (-64.28)

U.S. high court grapples with 'pay-for-delay' deals on generics

U.S. Supreme Court justices appeared troubled Monday over whether to stop deals between pharmaceutical corporations and their generic drug competitors that the government says could keep cheaper forms of medicine from American consumers for longer periods of time.

Justices heard arguments from the Justice Department against what the government calls "pay-for-delay" deals or "reverse settlements."

Such deals arise when generic companies file a challenge at the Food and Drug Administration to the patents that give brand-name drugs a 20-year monopoly. The generic drugmakers aim to prove the patent is flawed or otherwise invalid, so they can launch a generic version well before the patent ends.

Brand-name drugmakers then usually sue the generic companies, which sets up what could be years of expensive litigation. When the two sides aren't certain who will win, they often reach a compromise deal that allows the generic company to sell its cheaper copycat drug in a few years — but years before the drug's patent would expire.

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#SORRYNOTSORRY FOR HASHTAGS

SHE SAYS

Jessica Napier
metronews.ca

A friend of mine recently told me she is having trouble coming up with a suitable hashtag for her upcoming wedding. Her social media-savvy guests will want to know what the official wedding hashtag is before they start live-tweeting from the venue and sharing their heavily filtered snapshots all over Instagram. This is a major #firstworldproblem of course, but her panic got me thinking about the symbol's growing cultural relevance.

Twitter first introduced the hashtag concept in 2007 to group conversations and streamline the search function within the micro-blogging site. Today, about one in eight tweets feature words or phrases that are prefixed with a hashtag symbol, which has since been adopted across numerous social media platforms. Google+, Instagram, Tumblr and Pinterest all support the hyperlinking pound sign and soon, rumour has it, Facebook will finally incorporate hashtags into its interface.

The functional marker has evolved into something much more than its developers could have predicted. The symbol has been embraced by inside jokers and revolutionaries alike, and the humble hashtag helps rally individuals together online and in person and has entirely changed the way we watch award shows. We all know the #Oscars Twitter commentary is much more entertaining than the actual Oscars.

Even more interesting is the way in which this digital code has transcended the realm of social media and is creeping into other forms of communication. I've started noticing hashtagged phrases written out in emails, I spotted a women's athletic shirt with #RUN emblazoned on the front, I've even seen friends use hand gestures to mimic the symbol during in-person conversations. Forget to brush your hair and put on mascara in the morning? Your au naturel look means you're having a #nofilter kind of day.

Hashtags serve no practical function in these forms but there's evidence of a growing trend; social media language is migrating away from its intended platform and starting to infiltrate our speech patterns in interesting (albeit sometimes annoying) ways.

We employ these digital hieroglyphs to add new levels of meaning to our conversations, to offer a clever aside, qualify what we're really trying to say, or underscore our sentences with an additional layer of emotion.

Some of the best hashtag phrases add a sardonic undertone of mocking, because we all know people who deserve to have #whitegirlproblem or #humblebrag shouted at them from time to time.

Away from the keyboard and stripped of its digital functionality, the ubiquitous symbol is becoming increasingly prevalent in face-to-face communication. Who can forget Jack Layton's best dad-joke moment when he referred to Prime Minister Stephen Harper's crime policies as "a hashtag fail."

Some lament the lazy nature of the hashtag, arguing that this idle form of expression is destroying our ability to communicate properly along with other digital shorthand devices such as text-message abbreviations, LOL-speak and emoticons. But anyone who has ever picked up a Shakespeare play knows that dialects evolve over time. We've created a modern hybrid language in blending our spoken and typed words and symbols and, like it or not, the hashtag seems like it's #heretostay.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Balloons not just for clowns and circus folk

DAVID CHESKIN/THE ASSOCIATED PRESS

Gasp! It's time to come up for air

New York artist Jason Hackenwerth starts work on a giant balloon sculpture named Pisces inside the National Museum of Scotland, in Edinburgh on Monday.

When complete, the sculpture will span three floors of the museum and is designed to represent the natural world.

"Even when I'm in my studio day after day, it always feels full of new possibilities," Hackenwerth says of his art.

He says he uses balloons as a medium because they are accessible to a wide audience and often take people back to their childhood.

THE ASSOCIATED PRESS

Online

- Listen to the artist discuss his muse and see how he creates the masterpieces at metronews.ca.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's no use crying over what could have been if Twitter had existed at the same time as some of history's more famous events. Take these accounts as inspiration and flex your intellect by reporting your pet historical event as it happened.

@RealTimeWWII: A day-by-day retelling of the Second World War with a wonderful knack for digging up quotes from world leaders and updates from the war's lesser-known theatres.

@TitanicRealTime: Right now, everybody is extremely pleased by reports of the unsinkable liner's luxurious accoutrements. But stay tuned — things are about to get real very soon.

@SamuelPepys: The Great Plague and the Great Fire of London are a few bite-sized eyewitness accounts taken from the English Restoration's most famous diarist.

Twitter

@metropicks asked: China just sent us pandas. What should Canada ship to other countries for diplomatic reasons?

@Dragoniser: The Ontario Liberal Party. They will be out of a job soon anyway.

@kajomha: everything maple!

@IdejTauren: moose and maple syrup, with some Tim Hortons thrown in too.

@rosalesj: snow.

@905GoTrainGirl: Tim Hortons

@BaggsMcJungle: Please send China the Three Stooges: Rob & Doug Ford & their fishing buddy, Stephen Harper. If there's room, Gazebo Clementi.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

metro

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DVD reviews

Lincoln

Director. Steven Spielberg

Stars. Daniel Day-Lewis, Sally Field, David Strathairn

Neither the title-implied biopic nor an assault on the tear ducts, Steven Spielberg's Lincoln serves history by favouring background over foreground. Daniel Day-Lewis's Oscar-winning portrayal of the 16th U.S. President is grounded on the complex humanity of the man, one forced by circumstances to deal not only with epochal national concerns — slavery and the Civil War — but also pressing family ones. His Abraham Lincoln is grey of hair and beard, walks with a slight stoop and speaks in a higher register than our mind's ear may wish to hear. He's capable of thunder — we see glimpses — but he frequently comes across as timorous, in his dealings not only with political foes and allies but also with his high-strung wife Mary (Sally Field) and headstrong son Robert (Joseph Gordon-Levitt). Scripted by Tony Kushner (TV's Angels in America, Spielberg's Munich) the film loosely adapts Doris Kearns Goodwin's non-fiction best-seller Team of Rivals: The Political Genius of Abraham Lincoln. It finds focus in the marrying of high principles with low politics.

PETER HOWELL

Lil Wayne releases his latest album, I Am Not a Human Being II, this week. THE ASSOCIATED PRESS

Same old Lil Wayne

New album.
Forget the story line — rapper's strength still lies in his lyrical zingers

Lil Wayne's I Am Not a Human Being II album opens with a familiar sound — someone's flicking a lighter. It's Weezy's sonic signature, a long-running nod to the weed, women, booze and bravado that has shaped so many of his musical releases, including his latest.

Now on his 10th album, singles like No Worries and the Mike WiLL Made It-produced B—s Love Me suggest that Wayne's priorities haven't changed. Luckily for fans, he covers familiar territory with fresh, tweet-worthy punchlines.

But if you're looking for storytelling, look elsewhere. Wayne's expertise is in lyrical zingers.

He unleashes a dazzling array on the 2 Chainz-assisted Rich as F—, which features a standout, swaggering beat from producer T-Minus. "AK on my night stand, right next to that Bible/But I swear with these 50 shots, I'll shoot it out with 5-0/Pockets gettin' too fat, no Weight Watchers, no lipo," Wayne raps.

His performance on the song may very well convince on-the-fence fans that the YMCMB captain still has passion for his craft.

He's entertaining on Trippy, one of two tracks produced by Juicy J and Crazy Mike. "I got high, and fell asleep loaded/I woke up and got high again/OK, I'm reloaded," Wayne raps, making no apologies for his recreational activities.

He's a sinister presence over the equally sinister beat of the production duo's Trigger Finger, and seems to laugh about his 2010 eight-month jail stint on Gunwalk featuring Gudda Gudda.

The songs are reminders of a more focused Wayne — a version of the rapper that seems to be absent from tracks like Curtains, where he phones in lines like "I'm getting cake like I'm Jewish/my n— Drake, he Jewish."

He rages through the heavy metal-influenced Hello, but crossing genres doesn't change the same tired content.

And while the hook on God Bless Amerika promises a more thoughtful Wayne, his verses don't measure up — a disappointment considering his still-revered status as the best rapper in the game.

Overall, Wayne meets expectations for Wayne these days — not saying much (of substance), but giving listeners plenty to talk about.

THE ASSOCIATED PRESS

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Meyer's desert dream now a feature film

The Host. Twilight author came up with her latest world on a drive from Phoenix to Salt Lake City

RICHARD CROUSE
scene@metronews.ca

Unlike most pop culture superstars, author Stephenie Meyer is not on Twitter. Well, she is, but she's only tweeted twice, both times on April 16, 2009. Still, she has almost 100,000 followers eager to hear any pronouncement from the woman who gave us eternal lovers Bella Swan, Edward Cullen and the Twilight universe.

She had time to tap out the two tweets because at the time her world "had not been affected by the movies as it is now."

Currently the five Twilight films have grossed over $2 billion and a new film sits poised to create another Meyer franchise. It's unlikely she'll have time to tweet anytime soon.

The Host, starring Saoirse Ronan, is a science fiction romance based on Meyer's 2008 novel.

"When I came up with the idea I was driving between Phoenix and Salt Lake City," she says.

"Through the desert there really is nothing for hours and hours and I didn't have anyone to talk to, so I was entertaining myself and in the middle of that came the idea of two people, in one body, in love with the same person, and that conflict. I thought, 'That's not a bad idea' and I started working on it, just in my head, until I could get to where I could start typing."

Her love of science fiction dates back to early childhood when her father would read the stories of Frank Herbert, Orson Scott Card and others aloud to the family."I remember he read us Dune. The first one gave me nightmares."

The home readings, she says, were "great for a growing imagination. I also had a real affinity for that kind of reading so I don't think it was an accident that the second world I created was a science fiction world."

She's quick to point out, however, that The Host is suitable for people who don't necessarily like sci fi.

"It's in our world and it looks the same and people are in our bodies, so it feels the same.

"You don't have to try and immerse yourself in something that is completely alien to you.

"I think that takes away one of the hurdles for people who aren't sure about science fiction."

As a fan, however, she sees the tantalizing possibilities in the genre.

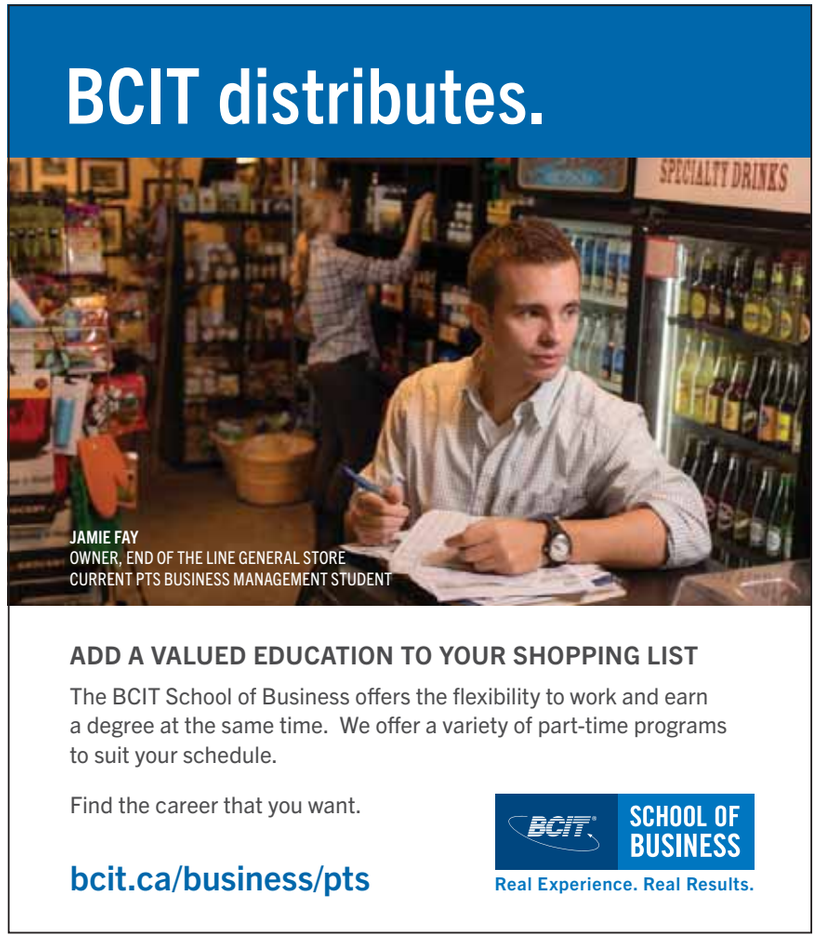
"Science fiction lets us experience something that we haven't yet," she says, "but we might."

Quoted

"I remember he (Meyer's father) read us Dune. The first one gave me nightmares."

Stephenie Meyer on her earliest experiences with the sci-fi genre

Stephenie Meyer says she's liked science fiction since she was a young girl. THE ASSOCIATED PRESS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Four weddings and a few red flags

Jesse James

Jesse James has tied the knot for the fourth time, marrying drag racer Alexis DeJoria in Malibu this weekend after dating for less than two months, according to Star magazine. James' most recent marriage — to Sandra Bullock — ended in divorce in 2010 after his infidelity came to light. DeJoria is the daughter of billionaire Paul Mitchell co-founder John Paul DeJoria, who also helped launch Patron tequila and the House of Blues nightclub chain. "Jesse's always had a man-crush on John Paul, and what better way to get close to him than to get hitched to his daughter?" a source says. "But this marriage will be his fourth. If I were John Paul — after what Jesse put Sandra through — I'd be warning him up front that when it comes to Alexis, he'd better watch his butt."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Lindsay's letting loose before lock up

Lindsay Lohan

Lindsay Lohan is apparently looking to make the most of her time on the outside before her 90-day sentence in a lock-in rehab facility begins. The troubled actress, who accepted her sentence as part of a plea deal last week, reportedly spent the weekend hitting up nightclubs around Southern California. On Friday, Lohan was spotted "drinking Ketel One vodka on the rocks and smoking Parliaments" at San Diego club Fluxx dressed in a Yankees baseball hat and a hooded sweatshirt, according to Us Weekly. And Saturday night found her back in L.A. at Santa Monica's 41 Ocean, where she tried to dodge photographers, according to the Daily Mail. But Lohan has assured her Twitter followers that she's not partying as much as is being reported. "I'm taking this seriously and focused on the road ahead," she wrote before the wild weekend. "Don't believe every thing you hear unless you hear it from me." There's still no word on when Lohan will begin her 90 days of treatment.

Spice Girls ALL PHOTOS GETTY IMAGES

Too much of something: A reunion recipe that's one Spice short

Spice Girls fans hoping for a reunion will have to be satisfied with the group's performance at the Olympics last summer, as that's it as far as Victoria Beckham is concerned, according to Radar Online. "Victoria has made no secret of the fact her singing days are over, with a hugely successful business and a growing family," her rep says. "She loved her time as a Spice Girl and will always wish the other girls well in whatever they choose to do." And whatever they choose to do may now include doing a reality show in which they search for Beckham's replacement, according to the Daily Mail. "The girls, particularly Geri [Halliwell], think there is so much more that they can achieve, and they know that their fans still want to see them perform," a source says. "She would give anything for this to all work out. She has spoken to TV production companies about how it would work and is very excited. They are gradually getting further down the line." A source close to the band, though, insists that the four remaining members would not recruit a replacement.

A funny thing happens when you tell kids they matter. They believe you.
An alarming 40,000 kids drop out of high school every year. Boys and Girls Clubs of Canada are committed to changing that. They provide a safe and supportive place where kids can develop confidence and life skills. They offer programs like Rogers Raising the Grade™ to help kids with their studies. The Club is a place where kids can drop in, so they're less likely to drop out.
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Vision restored

Civil engineer with eye disorder waited three years for each cornea transplant

Since her teen years, Sandra vanRassel knew that her vision would one day degenerate. Diagnosed at 18 with Fuchs' dystrophy — a slow-progressing eye disorder that affects the cornea — she expected that at some point in her adult years, cornea transplants would be required to restore her vision.

When vanRassel turned 40, it was time for the transplants, but it would be another three years before the Thunder Bay mom would have her first surgery — a time period when her quality of life was severely diminished.

A civil engineer with Aboriginal Affairs and Northern Development Canada, she was unable to work for three years. However, driving was impossible, as were simple tasks such as reading mail. Friends and family rallied to help vanRassel with her grocery shopping and social outings like her son's playgroup.

"I couldn't even see my son's nose running; if he had a cold, I wouldn't know it," recalls vanRassel, now 47. "[The other moms] would come and see me and say, 'He needs his nose wiped.'"

She had transplants in 2007 and 2010 at Toronto Western Hospital. In total, she waited six years — three for each eye. This long wait time is all too common, according to Dr. Guillermo Rocha, a Manitoba cornea transplant surgeon and a member of the Canadian Ophthalmological Society.

"In Manitoba, we handle a waiting list for five surgeons — which [would be] about 120 patients — all the time," Rocha says. "I had a patient that was really frustrated. He had been waiting for a year and a half."

Part of the problem lies with how the system is organized in Canada. Wait times vary widely across the country and cornea transplant surgeons typically manage their own wait lists.

It's not that corneal tissue is particularly hard to come by; in fact, it's quite the opposite. "Of all the types of transplantations, I would say [cornea transplant] is the easiest," Rocha says. "You basically want a cornea that is healthy."

Shannon Lajeunesse

Sandra vanRassel: "It would be nice to have a shorter waiting list... and if more people registered and donated."

Individuals who are near- or far-sighted, for example, are still good candidates as cornea donors.

At any given time, more than 2,000 people may be waiting for transplants across Canada (excluding the province of Quebec) and wait times can vary from six months to three years.

"The sad thing is that we know if we were [somewhere else] — the United States or even India and Colombia — they would be getting [corneal] tissue within two weeks," says Rocha.

Waiting lists are almost non-existent in other countries, including the U.S. and the U.K.

"You can schedule a surgery there and you know a cornea will be available. The wait is weeks, not months or years," says Mathias Haun, director of strategic planning for tissues at Canadian Blood Services, a non-profit organization. Their mandate, in addition to managing the blood supply for Canadians outside Quebec, includes increasing public education and awareness about organ, eye and tissue donation and transplantation.

The cost of vision loss in Canada is considerable. A report from CNIB and the Canadian Ophthalmological Society found that adults with vision loss face twice the risk of falls or premature death, and are 50 per cent more likely to live in poverty.

Public opinion polls conducted by Canadian Blood Services have shown that 95 per cent of Canadians support the idea of organ and tissue donation. But only 51 per cent say they are willing to donate their organs and only 39 per cent say they are willing to donate their tissues.

Canadian Blood Services hopes to increase national awareness around the importance of eye and tissue donation to help people like Sandra vanRassel.

With her vision now restored to 20/30 through the use of lenses — up from 20/80 and 20/90 before the operations — the frustration that came with those long waiting times has dissipated, now replaced with gratitude.

"It would be nice to have a shorter waiting list and it would be nice if more people registered and donated," she says, "but I am still very appreciative of those who did decide to donate."

For vanRassel, the donors were a 15-year-old girl and a 50-year-old father. She wrote letters of gratitude to their families — a process so overwhelmingly emotional that it took a year to complete the first letter.

"It's so hard to write a letter and thank people for what you've gained when they've lost," says vanRassel, choking up at the memory. "I can't say thank you enough to those families."

Because she knew as an 18-year-old that she'd eventually need transplants, vanRassel says she's always supported organ and tissue donation. But in the years since her surgeries, her advocacy has grown stronger.

"I push more for it and try to make people aware of how they can help other families and how important it is," she says. "But I don't think some people realize how much they can help other families.

"I hope that other families who do give donations realize how much it is appreciated . . . it's so nice to know that there are people out there who will make that choice."

Want to donate? Here's how

Canadian Blood Services, CNIB and the Canadian Ophthalmological Society are partnering to encourage people to consider becoming an eye donor.

According to recent polls by Canadian Blood Services, 95 per cent of Canadians support the idea of organ and tissue donation. But only 51 per cent of Canadians say they are willing to donate their organs and only 39 per cent say they are willing to donate their tissues.

The ways to register or declare your intentions to donate vary from province to province.

Go to **organsandtissues.ca/donate** and click on your province to find out how to become a donor.

Insight

The facts about cornea tissue, transplants and wait times

Blindness and vision degeneration due to conditions affecting the cornea are treatable. With cornea transplants, vision can be restored. But as shown by statistics (see below), the wait for transplants in Canada is long and the effects of vision loss are grave.

An estimated 2,000 Canadians are waiting for a cornea transplant.

Transplant wait times in Canada can vary from six months up to three years.

There are eight eye banks in Canada, excluding the province of Quebec.

Financial and societal costs of vision loss are significant.* People with vision loss typically experience the following:

- twice the risk of a fall or premature death
- low income — the employment rate of working-age adults with significant vision loss is only 32 per cent, and 50 per cent of adults with vision loss live in poverty
- more medication errors
- two to five times as much difficulty with daily living
- three times as much clinical depression
- twice as much social dependence

* "The Cost of Vision Loss in Canada," CNIB and the Canadian Ophthalmological Society, 2009

Canadian Blood Services
Société canadienne du sang

cnib | inca

Canadian Ophthalmological Society / Société canadienne d'ophtalmologie

Give the gift of sight.
Please consider becoming an eye donor.
Information: www.organsandtissues.ca/donate

Canadian Blood Services
it's in you to give

/canadianbloodservices @itsinyoutogive

Could this alkaline diet change your life?

Mythbusting. Your body shouldn't be high on acid. Victoria Beckham's favourite cookbook, Honestly Healthy, looks at how alkaline-forming foods help you lose weight, be happy and fight insomnia. Metro investigates the claims

ROMINA McGUINNESS
life@metronews.ca

"Our bodies function best when in an alkaline state. Yet, much of our eating trends and diets are very acid-forming in the body, leading to internal stress," Vicki Edgson, nutritionist and co-author of Honestly Healthy, tells Metro.

Why? Because other than in the stomach, which is highly acidic in order to break down food and kill bacteria, everything else in the body runs at an alkaline level.

"All our bodily fluids (blood, serum, urine) are between 7.35 and 7.45 on the pH scale. Matching this alkaline state makes it far easier for the body to digest, absorb and derive energy from the food we consume," she explains.

The author

"Our bodies function best when in an alkaline state. Yet many diets are acid-forming, leading to internal stress."

Vicki Edgson, nutritionist
Author of Honestly Healthy

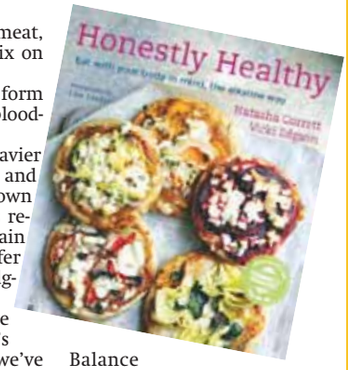
But certain staples, such as coffee, milk and red meat, score between four to six on the pH scale.

When digested, they form acidic residues in the bloodstream.

"This places a heavier burden on the kidneys and liver to break them down further, as both organs require an increase of certain minerals in order to buffer such acidity," warns Edgson.

Edgson makes sense and Honestly Healthy's recipes are delicious — we've tried them — but are her claims correct?

We asked Amanda Griggs, Nutritional Therapist at the Balance Clinic London (whose clients include supermodel Elle Macpherson) to weigh in on the claims.



70% alkaline, 30% acidic = balance?

What the nutritionist says: "True! An alkaline diet is basically a healthy one that includes fresh vegetables, fruit, nuts and water but excludes excessive amounts of processed foods, coffee, and alcohol."

Good food will improve a mood

What the nutritionist says: "Alkaline foods such as green leafy vegetables, nuts and seeds are rich in magnesium, folic acid and B vitamins that stimulate and increase serotonin levels."

You'll lose weight naturally

"ninety-nine per cent of people put on weight when they're unhappy and therefore eating inappropriately. But if you feel great, you'll lose any excess body weight anyway," claims Edgson.

What the nutritionist says: "True! Over-acidity can equal weight gain."

Clear skin, shiny hair & better BO

What the nutritionist says: "True! The body neutralizes excessive acids with alkaline minerals such as magnesium and potassium. An excessively acidic diet puts a strain on the organs of elimination such as the colon and skin."

Better sleep/ focus

What the nutritionist says: "True! With a constant onslaught of a high acidic diet that includes stimulants such as caffeine, sugar and alcohol, the body resorts to leaching valuable electrolytes such as calcium, magnesium, potassium and sodium from vital organs and blunt valuable hormones, which we need for restful sleep."

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Pubic hair removal may increase risk of STIs

New health study. Researchers show how certain STI's have risen as the popularity of Brazilian waxing has taken hold

Clean shaven may not be as clean as some think. ISTOCK PHOTOS

A recent study published in sexually transmitted infections found that Brazilian waxing and other types of pubic hair removal, including shaving, was a possible link to an increased risk of a viral infection called molluscum contagiosum.

Molluscum contagiosum is a poxvirus that can be passed on through sex, but it is also easily spread by self-infection, such as scratching.

Researchers say the risk seems higher with shaving than waxing and that other STIs, such as genital warts, could be more frequent with genital hair removal that has become more popular.

Over the past decade, researchers noted that the number of sexually transmitted cases molluscum contagiosum had risen, just as the popularity of pubic hair removal had also increased over that time.

LINDA CLARKE /METRO NEW YORK

Parenthood

Study reveals much of mice and mammals

A study published in The Journal of Neuroscience found that sexually naive mice respond aggressively to chemical signals (most likely pheromones) from newborn pups, while pup pheromone perception is suppressed in fathers (sexually-active male mice), tending to make them more nurturing.

The findings may help scientists to better understand the changes that take place in the brains of some mammals during the transition into parenthood.

LINDA CLARKE /METRO NEW YORK

Mussels: art of simplicity

ROSE REISMAN
for more, visit rosereisman.com

These simple and delicious Mussels with Tomatoes, Basil and Garlic can be either an appetizer or a main meal.

Serve the dish with a wholegrain French or Italian loaf to mop up the flavourful juices.

Ingredients

- 2 lb mussels in the shell
- 1 1/2 tsp vegetable oil
- 3/4 cup finely diced onion
- 3/4 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced zucchini (optional)
- 2 tsp crushed fresh garlic
- 1 can (14 oz) tomatoes, drained and chopped
- 1/3 cup dry white wine or fish stock
- 2 tbsp tomato paste
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1/3 cup chopped fresh basil

This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

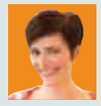
1. Discard any mussels that don't close when tapped. Scrub the mussels under cold water and pull off the beards. Set the mussels aside.

2. Spray a large non-stick saucepan with cooking oil, add the vegetable oil and place over medium-high heat. Add the onions, bell pepper, zucchini (if using) and garlic; sauté for 5 minutes. Add the tomatoes, wine, tomato paste, dried basil and oregano; cook on medium heat for 10 minutes, stirring occasionally until sauce thickens slightly.

3. Add mussels. Cover and cook until mussels are fully open, 4 to 5 minutes. Discard any that do not open. Arrange in individual bowls and pour sauce overtop. Garnish with basil. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

Spring a leek today



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Any day now we are going to start seeing a spring crop of leeks.

And, like the middle child, they do require some effort (sorry middle kids) but pay dividends in the end.

Clean them up, treat them properly and you will never look back to plain old onions again.

- When cleaning leeks, it is best to cut them lengthwise into semi cylinders rather than rings. Cold running water between the layers removes the grit better so you won't feel like you are eating a sandbox.
- Pan fry in butter with high heat to help brown and crisp the delicate fibres or they can become a slimy mush.
- Think about cooking a double batch and storing in the fridge to top soups, pastas and pizzas all week long much like caramelized onions ... only better.

Leeks provide more vitamin C, iron, Vitamin A and fibre than an equal amount of onion, but their unique, milder flavour really hits home on a cold, rainy day.

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I'm sorry for sleeping with your girlfriend, and other apologies

Memoir.
Columnist says we try our best but we all mess up — yet we're all deserving of forgiveness

Dave Bry is a professional apologizer, first in a Dear (Person He's Wronged) column online and now a letter-by-letter memoir of messing up and making amends.

Out Tuesday, Bry's Public Apology is stuffed with wrongs, from the foibles of an anxious, surly tween in New Jersey to the regrets of a 20-year-old who drinks and does drugs too much, losing his father to cancer at a crucial time in his youth.

Could you fill a book with apologies? Bry has no trouble.

Through high school in Little Silver, N.J., Bry spends a lot of time apologizing for bad behaviour at school as he set a record for detentions and tried to lose his virginity. He succeeds with the girlfriend of a classmate. And he's sorry.

A victim of the recession, the 42-year-old Brooklyn dad of an 8-year-old son started writing his Public Apology column at the culture site The Awl in 2009, as he lost a magazine job and got his freelance writing career off the ground. About 40 per cent of the book is repurposed columns.

Was the idea for the book to share something of yourself beyond the usual?

I'm a little reluctant to talk about it in terms of getting weight off my shoulders, confessing for the sake of (alleviating) guilt. In my least generous look at it, I'd call it a gimmick. But I relate well to other stories told in the first person, that feeling of, 'Oh man, it could have come out of my own head.' The loftiest goal of the book would be that people might relate to it and remember, 'Oh my god, I remember when I did that stupid, embarrassing thing, and I remember when I was such a jerk and I've been beating myself up about it since.' It's nice to know that other people feel that way.

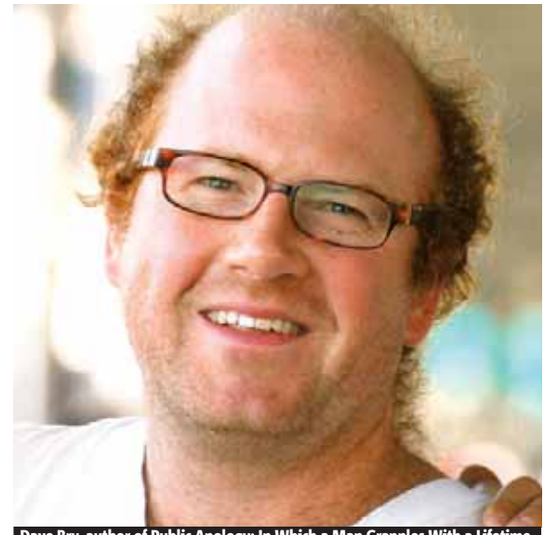
Were you trying to get in touch with your previous selves?

I think about the stuff that I've done wrong a lot. I'm a real harsh judge of behaviour, probably most harshly my own. I look at my behaviour pretty closely and look back on things and can identify many, many times in my life that I screwed up. I think I've always been looking back five years and thinking, 'Oh my god, thank god I'm not that same person. I was such an idiot.'

Do you have more to apologize for than the average person?

No. The way that I look at it is that we're all pretty much the same, and some of us maybe will feel more guilty about stuff, and maybe get more hung up. I think my northeastern Jewish upbringing made me lean in that direction, toward the kind of Woody Allen, hand-wringing guilt. But I think everyone's equally guilty, except the extreme examples. Basically, I think, we're all trying to do our best in this world, and we all mess up a lot. The flip side is we're all deserving of forgiveness.

THE ASSOCIATED PRESS



Dave Bry, author of Public Apology: In Which a Man Grapples With a Lifetime of Regret, One Incident at a Time. GRAND CENTRAL PUBLISHING / THE ASSOCIATED PRESS

Can you claim tax credits for an infirm parent?

YOUR MONEY
Alison Griffiths
money@metronews.ca

Millions of Canadians are caregivers but are confused about whether they can claim caregiver tax credits for the elderly. This reader is one of them:

"My mother is 80 and lives with me. Her income from OAS and GIS (guaranteed income supplement) is $15,000. She can still do the daily basic necessities but her hearing is poor. I assist her with doctor appointments and ensure she is taking her daily medication. Can I claim any credits?" T.E.

It's a bit of a puzzle because there are three "caregiver" credits under the category, Supporting Other Infirm Adults, meaning other than a spouse.

These include line 305 (amount for eligible dependent), line 306 (amount for infirm adults age 18 or older) and line 315 (caregiver amount).

Line 315 is the most likely credit for you. The caregiver amount is $4,402 for a dependent who is not infirm and $6,402 if the person is infirm. The non-refundable tax credit is phased out when net income exceeds $21,435 for the infirm.

Line 305 (amount for eligible dependent) used to be called the equivalent to spouse amount. You must be single and have your mother living with you.

You should talk to your mother's doctor to find out how she might be classified. The definition of infirm is hazy and somewhat subjective. If she's considered infirm, the line 306 tax credit also applies.

Growing issue

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Beedie students win competition

DANIEL HENDRIKSEN
For Metro

Four MBA students from the Beedie School of Business at Simon Fraser University (SFU) have returned home with the top prize from HEC Montreal MBA Sustainability Challenge case competition.

The SFU team of Erin Lane, Geordan Hankinson, Colin Knudsen, and Andrew Lee won their competition, which featured a field of 12 competing universities from across Canada, the U.S., and Denmark.

The case competition, held in Montreal earlier this month, challenged the teams to demonstrate the relevance of addressing corporate social responsibility issues in the management of successful enterprises, and featured a panel of guest judges from industry and academia.

"The competition provided an opportunity to apply all of the course material we have learned from our MBA program, such as finance, economics, statistics and strategy," Hankinson said in a press release. "The MBA program really equipped us to be successful and I am proud to have won the competition for the Beedie School of Business."

Hankinson and his teammates defeated squads from the University of Toronto, Ryerson University, and HEC Montreal in the final to capture the $4,000 top prize.

VCC hosts automotive skills competition

The future of the automotive trade was on display at Vancouver Community College (VCC) earlier this month. VCC was the host of the 2013 Skills BC automotive service technician regional competition on March 12.

The event saw 13 high school students compete in the automotive service trade with the winner earning a spot at the provincials on April 18 in Abbotsford.

Coming out on top was Jack Hanen from John Oliver Secondary School. Van Tech student Ato Essandoh placed second, while Churchill Secondary student Andy Chen rounded out the top three.

"It's incredible to see young people show passion and excellence in trades," Sandra Bailey, dean of transportation trades at VCC, said in a press release. "These competitions and trades programs for youth are so important to get students ready for the workforce. By the time these students graduate from high school, they're skilled in a trade and ready to work."

Anne Salomon. CONTRIBUTED

Professor awarded fellowship

An assistant professor at Simon Fraser University (SFU) was recently awarded one of five 2013 Pew Fellowships in marine conservation to conduct a synthesis of the ecological and societal impacts of sea otter recovery in North America.

Anne Salomon, who works in SFU's school of resource and environmental management, will partner with coastal First Nations and the Hakai Beach Institute on a project that will synthesize data of sea otter recovery, including the effects on shellfish and other commercially and culturally valuable fisheries.

"It's an incredible honour," Salomon said in a press release. "I've been fortunate enough to be part of several highly successful marine conservation research collaborations with coastal First Nations and indigenous people in Alaska and British Columbia, and this award recognizes those partnerships."

Through her research, Salomon will seek to determine the effects human activities have on the productivity, biodiversity, and resilience of coastal food webs, information she uses to guide ecosystem approaches to marine conservation.

DANIEL HENDRIKSEN

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National award for doctor

DANIEL HENDRIKSEN
For Metro

Dr. James Hogg was recently recognized with a national award for leadership in medicine. CONTRIBUTED

Dr. James Hogg, principal investigator at the University of British Columbia's (UBC) James Hogg Research Centre at St. Paul's Hospital, was recently recognized with a national award for leadership in medicine.

The Gairdner Foundation has recognized Hogg with the Gairdner Wightman Award, the premier honour for leadership in medical science in Canada.

Hogg is an emeritus professor in the department of pathology and laboratory medicine at UBC. He was selected for his research leadership in chronic obstructive pulmonary disease (COPD). More than 700,000 Canadians have been diagnosed with COPD, an incurable disease that inflames the lungs and greatly affects breathing.

"I was surprised and indeed dumbfounded when I received the news that I would receive this award," Hogg said in a media release. "I am extremely honoured to have been chosen based on lifetime achievement and accept on behalf of the Canadian respiratory community.

"I hope (the award) will draw attention to chronic obstructive pulmonary disease as the enormous world health problem that it is," Hogg said. "Canadian investigators have contributed many fundamental observations about COPD and, hopefully, this award will draw the public's attention to this very important medical problem."

BCIT show encourages smarter commuting

The Great Hall at the British Columbia Institute of Technology (BCIT) was the host of a recent fashion show designed to encourage smart commuting to and from campus.

The event was put on by the BCIT Green Team and the school's student association. The show featured 16 models — students, faculty and staff — sporting biking and running tights, casual capris and sneakers supplied by Mountain Equipment Co-op.

The models' outfits were styled by Victoria Banham from BCIT and Olga Jandera from MEC, while students from Blanche MacDonald provided the makeup. Drew Rogers from BCIT's Evolution Radio emceed the event.

The goal of the fashion show was to inspire the BCIT community to think about how they commute to campus. BCIT is encouraging those who already smart commute to work to register their commutes and possibly win prizes. To do so, visit bcit.ca/commute/triplog.

DANIEL HENDRIKSEN

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Kwantlen. Instructor receives school's first CRC

DANIEL HENDRIKSEN
For Metro

A psychology instructor from Kwantlen Polytechnic University (KPU) has been awarded the school's first ever Canada Research Chair (CRC).

Dr. Daniel Bernstein received the CRC Tier II award to study lifespan cognition. The research will be funded until 2017, and will combine cognitive and developmental psychology to study perspective taking across the human lifespan.

Dr. Daniel Bernstein

The work develops well-needed methods for studying lifespan cognitive development, and uses these methods to test theories of perspective taking in preschoolers, school-age children, younger adults and older adults.

"I'm delighted to have this opportunity at Kwantlen to pursue my research interests in lifespan cognition, and hope that this research will yield insights into how our thinking changes as we age," Bernstein said in a press release.

"The awarding of KPU's first Canada Research Chair to Dr. Bernstein not only recognizes his excellence in the field of cognitive psychology, but is indicative of the growth of research at the institution," added Dr. Jason Dyer, associate vice-president, research, KPU. "Dr. Bernstein's award will allow undergraduate students to gain research experience with one of the world's recognized leaders in false memory; both enhancing their undergraduate learning and developing their skills to become critical thinkers of the future."

ISTOCKPHOTO/THINKSTOCK

Langara to build new sciences building

As part of a 25-year plan to upgrade and expand its campus, Langara College has released plans to construct a new Sciences and Student Services building.

The proposed 129,587-square-foot facility will feature state-of-the-art biology, chemistry, physics, astronomy, nursing, and computing science labs. It will also house lecture halls and multi-purpose classrooms, as well as new student services facilities and offices.

"We're really excited to be starting this new phase of the master plan," college president Roy Daykin said in a press release.

"It is the first step towards making sure that we can upgrade our main teaching facilities without significantly disrupting students and classes."

The Sciences and Student Services building is Phase 2 of Langara's 25-year plan. The first step took place in 2009 and included the completion of two LEED-certified structures — Langara's new library and students' union building.

The next two phases of the plan include the construction of a new building for the creative arts and the renovation of the school's main teaching facility to meet current building standards.

Site preparation for the Sciences and Student Services building is expected to start this summer, with construction due to begin in the fall.

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The Sustainable Food Systems Working Group at Kwantlen Polytechnic University recently received a $50,000 donation from Vancity. Attending the ceremony were, from left, Njeri Kontulahti, Vancity, community investment manager, Dr. Arthur Fallick, KPU, director, sustainable urban systems, Moira Teevan, senior community associate, Dr. Kent Mullinix, KPU, director, sustainable agriculture and food security, Dr. Elizabeth Worobec, KPU, dean, faculty of science and horticulture. CONTRIBUTED

Vancity's $50K donation will support KPU study

DANIEL HENDRIKSEN
For Metro

The Sustainable Food Systems Working Group at Kwantlen Polytechnic University (KPU) recently received a $50,000 donation from Vancity.

The donation is in support of the group's economic and community development study, and according to Dr. Kent Mullinix, KPU, director, sustainable agriculture and food security, they couldn't be more thrilled about it.

"We are extremely pleased that Vancity, a recognized leader in sustainable community and economic development thinking, action and support in British Columbia, has chosen to fund our work to design and plan for the implementation of a southwest B.C. bioregional food system," Mullinix said in a press release. "Vancity's support is supremely meaningful to us and the communities we are working with."

The donation presentation took place at KPU's Richmond campus, the home of the sustainable food systems working group.

Presenting the funds were Moira Teevan, senior community investment associate, and Njeri Kontulahti, community investment manager, Maple Ridge, Mission, Pitt Meadows region. It was accepted by Mullnix along with KPU's Dr. Arthur Fallick, director, sustainable urban systems, and Dr. Elizabeth Worobec, dean, faculty of science and horticulture.

For more information, visit kwantlen.ca/ish.

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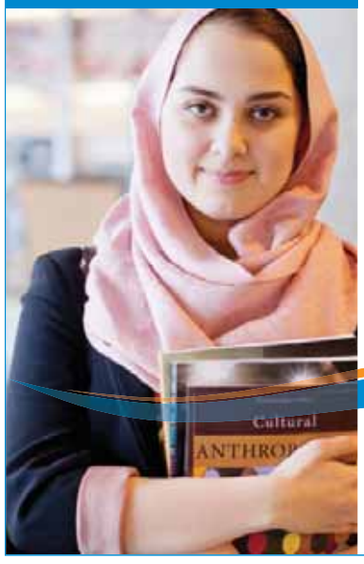

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Office administration Thursday, March 28, 5:30 p.m. – room 819	 Downtown
Paralegal Thursday, March 28, 6:45 p.m. – room 242 (library)	 Downtown
Building service worker Tuesday, April 2, 1 p.m. – room 206	 Downtown
Teaching English to speakers of other languages (TESOL) Tuesday, April 2, 12 p.m. – room 518	 Downtown
Addiction and community counselling skills Tuesday, April 2, 6 p.m. – room 420	 Downtown
Digital graphic design Wednesday, April 3, 6 p.m. - room 72	 Downtown
Jewellery art and design Friday, April 5, 2 p.m. – room 160	 Downtown
Baking and pastry arts Wednesday, April 10, 10:30 a.m. – room 216	 Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

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Langara. Science fair connects students

DANIEL HENDRIKSEN
For Metro

More than 200 students recently took part in the 2013 Vancouver District Science Fair at Langara College. JENNIFER OEHLER PHOTO

More than 200 students from grades 7-12 were on hand at Langara College earlier this month for the 2013 Vancouver District Science Fair. One of the largest science fairs in the country, the event saw more than 130 projects from students representing 15 different schools.

The goal for the event — put on by the Vancouver School Board — was to allow science industry professionals, science fair alumni, mentors, educators, and students to connect with one another.

"We are proud to partner with the Vancouver School Board for this event," Margaret Heldman, Langara's dean of science, said in a media release. "Langara strongly believes in supporting the scientific endeavours of young minds, and this is a great fit for both of us,"

The student exhibitors presented their projects to a panel of 100 judges, and were also treated to a science-based magic show by Langara's chemistry department.

The 2013 grand award winners of the fair included Ryan Nah from University Hill Secondary, with his project Breeding Super-bugs with Triclosan, and Alison Boudet from Kitsilano Secondary, with her project La Couleur des Graines Influe-t-elle l'alimentation des Moineaux Domestiques.

For a full list of winners, visit vdsf.sfiab.com.

UBC receives eight Canada Research Chairs

The University of British Columbia (UBC) was recently appointed eight Canada Research Chairs (CRC) worth $4.5 million.

The CRCs — five new and three renewals — range in areas from indigenous literature to nanotechnology, to evolutionary biology. With the five additional allocations, UBC's total amount of CRCs sits at 186, the second most in Canada.

"The Canada Research Chairs program has played an instrumental role in attracting the brightest minds in a wide range of disciplines to Canada and, just as importantly, keeping them here," John Hepburn, vice-president research and international at UBC, said in a media release. "The scientific and societal impact of their investigations and discoveries are nothing less than extraordinary."

The eight CRCs were among 120 handed out to 39 post-secondary institutions and hospitals across the country earlier this month. The federally funded research positions add up to a total investment of $90.6 million.

The Canada Research Chair program was launched in 2000 with the goal of building Canada's research capacity.

To date, $900 million has been allocated to support the establishment of 2,000 CRCs at universities nationwide.

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Hard luck hits Camilo, Whitecaps

It had the makings of a beautiful goal.

Camilo Sanvezzo's free kick from just outside the box that, had it found the top corner of the Houston Dynamo net, would've almost certainly earned the Vancouver Whitecaps a draw and single point on the road.

Instead, the ball clanged off one post, travelled across the goal line, hit the other post and stayed out of the net. No goal, no single point.

"It wasn't to be for us," said head coach Martin Rennie.

"It's not just about the result. That's very important and professional sports is all about winning but you also have to take a bigger-picture approach to it and say, 'Are we doing most of the right things?' And the answer is yes."

Sanvezzo's 12 goals in 2011 led the Whitecaps.

But, with a deeper roster this season, he has yet to start, being used in a substitution role in the last two matches.

"Just keep doing what he's doing and when he gets his chances, not hit both posts," said Rennie, when asked how Sanvezzo could get into the starting lineup. Erik Hurtado was chosen to start ahead of Sanvezzo in Houston.

"No, I think he's doing well. It's just away from home we felt that Erik's pace and power would be a good asset for us so we had a decision to make there and Camilo missed out. But he's done well the last two games he's come on and obviously he's a very important player for us."

CAM TUCKER/METRO

Canucks not about to hit panic button

NHL. Despite rash of injuries, team brass insists it won't give up young talent for a rental player

CAM TUCKER
cam.tucker@metronews.ca

Vancouver Canuck Steve Pinizzotto steamrolls Alexander Steen of the St. Louis Blues at Rogers Arena on March 19. Pinizzotto is one of many Canucks who have been missing in action recently. DARRYL DYCK/THE CANADIAN PRESS

The Vancouver Canucks do not anticipate rugged forward Dale Weise being out of the lineup for very long.

Weise suffered a shoulder injury in Saturday's afternoon game against the L.A. Kings and did not play Sunday against the Colorado Avalanche.

Laurence Gilman, the Canucks' vice-president of hockey operations and assistant general manager, said Monday in a phone interview that Weise saw the team doctor earlier in the day and that the team does not think "it's anything long in duration."

The Canucks have been decimated by injuries.

Their second-line centre, Ryan Kesler, is out with a broken bone in his foot. Manny Malhotra was placed on the injured reserve due to what the club deemed as safety concerns resulting from a devastating eye injury two years ago.

Davis Booth had surgery Friday after suffering an ankle sprain 10 days ago. Zack Kassian is dealing with back issues and Steve Pinizzotto missed the entire three-game road trip due to illness.

As a result of Weise's injury, defenceman Keith Ballard was moved up to the wing for the second time in three games and did another admirable job.

Weise will not be available for Tuesday's game against the Columbus Blue Jackets at Rogers Arena.

The Canucks have won four games in a row.

Timely scoring and terrific goaltending from Cory Schneider have been the main contributors to the streak.

As a result, the Canucks have gotten back into the fight for the Northwest Division. The Minnesota Wild won Monday night, so they're back in top spot in the division with 40 points.

That's tied with Vancouver; however, the Wild hold the tie-breaker.

With the regular-season stretch drive on and a playoff position still in the balance, the Canucks would still like to add another piece to their roster.

The team is looking to add a proven NHL centre with the trade deadline of April 3 fast approaching.

The Canucks have depth on the blue-line and two goalies capable of being starters, although it's been rumoured for months that Roberto Luongo could be dealt.

The Canucks don't seem willing to part with first-round draft picks or top-end prospects for just a rental player.

"We don't have an appetite for trading long-term assets for short-term pieces," said Gilman.

Quoted

"We don't have an appetite for trading long-term assets for short-term pieces."

Laurence Gilman, Canucks vice-president of hockey operations and assistant GM

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CANADIAN

International hockey

Giants' Hay to coach Canada's under-18 squad

Vancouver Giants head coach Don Hay was given a vote of confidence from general manager Scott Bonner last week and received another on Monday from Hockey Canada.

Hay was named Team Canada's head coach for the upcoming IIHF world under-18 championship, which takes place April 18 to 28 in Sochi, Russia.

Hay, a three-time Memorial Cup winner as a head coach in the WHL, has also tasted success on the international stage.

He was the head coach for Canada's world junior team that won gold in the 1995 world junior championship and won bronze in the 2012 tournament.

"I'm really excited about the opportunity," Hay said in a statement. "I've had good experiences working for Team Canada, so when this came up I was really eager and excited to accept it." **METRO**

NBA

Heat move within six of Lakers record

LeBron James left one rebound shy of a triple-double, feigning a bit of frustration as he checked out of the game.

That's about all the Miami Heat could complain about. James finished with 24 points, 11 assists and nine rebounds, and the Heat won their 27th straight, beating the Magic 108-94 on Monday in Orlando. The Heat are within six games of matching the 1971-72 Lakers for the longest winning streak in NBA history. **THE ASSOCIATED PRESS**

MLB

Lawrie a no-go for Blue Jays opener

Toronto Blue Jays third baseman Brett Lawrie will start the regular season on the disabled list due to a strained rib. The Langley native felt discomfort in his left side during an exhibition game with Canada's WBC team. **THE CANADIAN PRESS**

Tiger climbs back atop the mountain in world rankings

PGA. Woods cruises to win at Arnold Palmer Invitational to take No. 1 spot from McIlroy

Tiger Woods is back to No. 1 in the world with a game that looks as good as ever.

Woods walked off the 18th green on Monday waving his putter over his head — his magic wand this week at Bay Hill — to acknowledge the fans who have seen this act before. He won the Arnold Palmer Invitational for the eighth time to tie a PGA Tour record that had not been touched in 48 years.

This win had extra significance. It returned Woods to the top of the world ranking for the first time since the final week of October 2010, the longest spell of his career.

Tiger Woods acknowledges the crowd after winning the Arnold Palmer Invitational in Orlando, Fla., on Monday. DAVID CANNON/GETTY IMAGES

"It's a byproduct of hard work, patience and getting back to winning golf tournaments," he said.

Woods never let anyone closer than two shots in the final round at Bay Hill that was delayed one day by storms. With a conservative bogey he could afford on the last hole, he closed with a 2-under 70 for a two-shot win over Justin Rose.

Next up is the Masters, where Woods will try to end his five-year drought in the majors.

Woods fell as low as No. 58 in the world as he coped with a crisis in his personal life and injuries to his left leg. One week after he announced he was dating Olympic ski champion Lindsey Vonn, Woods celebrated his third win of the season.

Rory McIlroy had been No. 1 since he won the PGA Championship last August. He can reclaim the No. 1 ranking by winning the Houston Open this week while Woods will be inactive until the Masters in two weeks. **THE ASSOCIATED PRESS**

Tiger subdued

Snarl buried below the surface

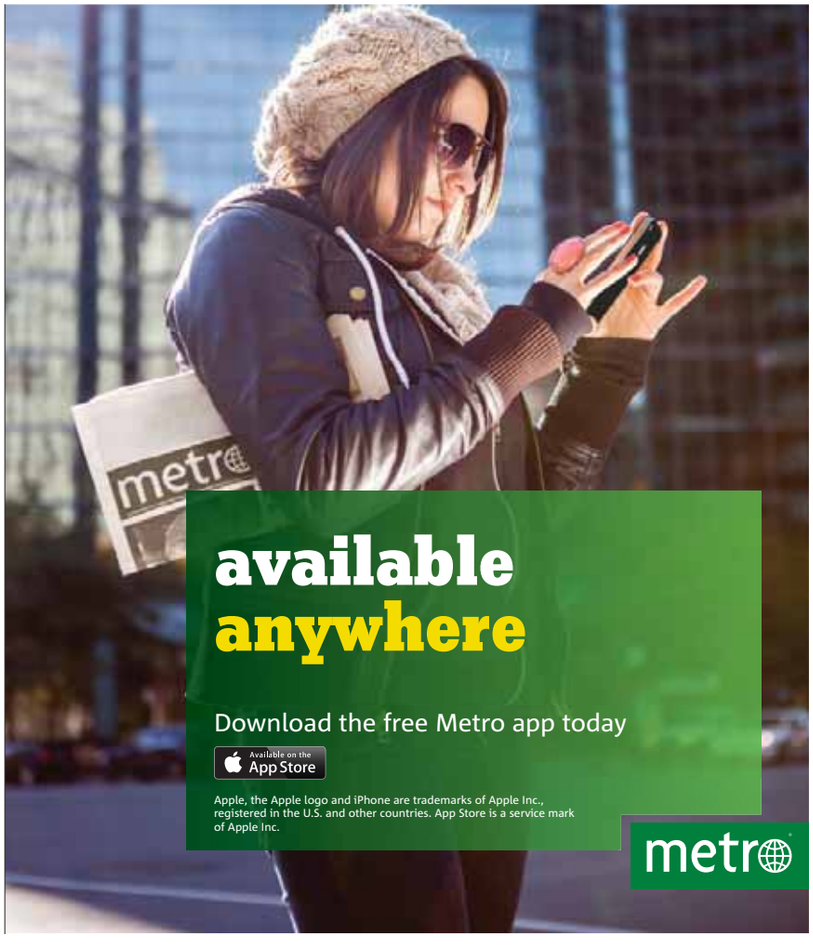
CATHAL KELLY
Special to Metro

He was never very giving of himself. Having returned to the top on his knees, Tiger Woods gives nothing any more.

"How does it feel, after all this time?" Woods was asked, seconds after winning the Arnold Palmer Invitational. If ever there was a moment to look back from the top and appreciate the difficulty of the climb, this seemed like it.

"It's a byproduct," Woods said evasively, and with an odd hint of menace. "A byproduct of hard work."

The game has returned, but the swagger that once accompanied it is gone. Woods is 37 years old. He looks younger. He plays older. **GO TO METRONEWS.CA/VOICES FOR MORE FROM CATHAL KELLY ON TIGER WOODS.**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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Miami	56	14	.800	—
x-Indiana	44	27	.620	12½
x-New York	42	26	.618	13
x-Brooklyn	41	29	.586	15
Chicago	38	31	.551	17½
Atlanta	39	32	.549	17½
Boston	36	33	.522	19½
Milwaukee	34	35	.493	21½
Philadelphia	27	42	.391	28½
Toronto	26	44	.371	30
Washington	26	44	.371	30
Detroit	24	47	.338	32½
Cleveland	22	47	.319	33½
Orlando	18	53	.254	38½
Charlotte	16	54	.229	40

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	53	17	.757	—
x-Oklahoma City	52	19	.732	1½
x-L.A. Clippers	48	22	.686	5
x-Denver	49	23	.681	5
x-Memphis	47	23	.671	6
Golden State	40	31	.563	13½
Houston	39	31	.557	14
L.A. Lakers	36	34	.514	17
Utah	34	36	.486	19
Dallas	34	36	.486	19
Portland	33	37	.471	20
Minnesota	24	44	.353	28
New Orleans	25	46	.352	28½
Sacramento	25	46	.352	28½
Phoenix	23	48	.324	30½

x — clinched playoff spot; y — clinched division.

Monday's results
Indiana 100 Atlanta 94
Washington 107 Memphis 94
Miami 108 Orlando 94
New Orleans 110 Denver 86
Utah 107 Philadelphia 91
L.A. Lakers at Golden State

Sunday's results
Atlanta 104 Milwaukee 99
Miami 109 Charlotte 77
Houston 96 San Antonio 95
Chicago 104 Minnesota 97
Oklahoma City 103 Portland 83
Dallas 113 Utah 108
Brooklyn 102 Phoenix 100
Philadelphia 117 Sacramento 103

Tuesday's games — All times Eastern
New York at Boston, 7 p.m.
Minnesota at Detroit, 7:30 p.m.
L.A. Clippers at Dallas, 9:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	33	25	8	0	116	84	50
New Jersey	33	15	11	7	82	89	37
NY Rangers	31	15	13	3	73	76	33
NY Islanders	32	14	15	3	93	105	31
Philadelphia	31	13	16	2	82	94	28

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	31	21	7	3	89	66	45
Montreal	31	20	6	5	98	77	45
Ottawa	33	18	9	6	86	72	42
Toronto	33	17	12	4	99	95	38
Buffalo	32	13	15	4	86	100	30

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	33	17	14	2	84	98	36
Carolina	30	15	13	2	85	86	32
Washington	32	15	16	1	92	90	31
Tampa Bay	32	13	18	1	103	98	27
Florida	33	9	18	6	78	116	24

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	30	24	3	3	102	66	51
Detroit	32	16	11	5	87	81	37
St. Louis	31	17	12	2	92	86	36
Nashville	32	13	13	6	80	86	32
Columbus	32	13	13	6	75	85	32

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	32	17	9	6	87	85	40
Minnesota	30	18	10	2	79	71	38
Edmonton	30	11	12	7	72	88	29
Calgary	30	12	14	4	85	103	28
Colorado	31	11	16	4	79	100	26

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	31	22	5	4	101	78	48
Los Angeles	31	17	12	2	88	76	36
Dallas	31	15	13	3	83	90	33
San Jose	30	13	11	6	71	79	32
Phoenix	31	13	14	4	80	87	30

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Monday's results
Boston 3 Toronto 2 (SO)
Nashville 3 Edmonton 2
Ottawa 3 New Jersey 2 (SO)
Los Angeles 5 Chicago 4
Minnesota 7 Dallas 4
Detroit at Phoenix
San Jose at Anaheim

Sunday's results
NY Islanders 3 Florida 0
Washington 3 NY Rangers 2 (SO)
Pittsburgh 2 Philadelphia 1 (OT)
Calgary 3 St. Louis 2
Detroit 2 Anaheim 1
Winnipeg 3 Tampa Bay 2
Vancouver 3 Colorado 2

Tuesday's games — All times Eastern
Montreal at Pittsburgh, 7 p.m.
Florida at Toronto, 7 p.m.
NY Islanders at Washington, 7 p.m.
Winnipeg at Carolina, 7 p.m.
Buffalo at Tampa Bay, 7:30 p.m.
NY Rangers at Philadelphia, 7:30 p.m.
Edmonton at St. Louis, 8 p.m.
Calgary at Chicago, 8:30 p.m.
Columbus at Vancouver, 10 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Phg	14	39	53
Stamkos, TBL	22	19	41
Kunitz, Phg	19	22	41
St-Louis, TBL	7	33	40
Kane, Chi	16	22	38
Getzlaf, Ana	12	24	36
Staal, Car	14	21	35
Tavares, NYI	19	15	34
Kadri, Tor	14	20	34
Ribeiro, Wash	10	24	34
Vanek, Buf	16	17	33
Moulson, NYI	11	22	33
Datsyuk, Det	10	23	33
Ladd, Win	14	18	32
Voracek, Phi	13	19	32
Duchene, Col	12	20	32
Ovechkin, Wash	16	15	31
Parenteau, Col	14	17	31
Zetterberg, Det	8	23	31
Neal, Phg	17	13	30
Toews, Chi	15	15	30
Kessel, Tor	10	20	30

Monday's games not included

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Taking care of other people's needs may be a chore you would prefer to avoid but it has to be done. You may even be surprised to discover you actually quite enjoy the experience.

♉ Taurus
April 21 - May 21
You may be desperate to know what's going on but don't let others know or they'll play games with you. Pretend you don't care and they'll let you in on the joke.

♊ Gemini
May 22 - June 21
With Jupiter, planet of good fortune, transiting your sign and linked to Mars, there is no way you can lose. Even if you do end up a few dollars out of pocket, you will make up for it in other ways.

♋ Cancer
June 22 - July 23
The planets make it clear that the right time to boost your standing is today. Someone in a position of authority will look kindly on your bid for a promotion or a raise, but only if you make that bid now.

♌ Leo
July 24 - Aug. 23
You know what is right and you know what is wrong, so what's the problem? The planets are asking you a simple question: Do you act according to your higher or your lower nature? So, what's your answer?

♍ Virgo
Aug. 24 - Sept. 23
You may not see a direct link between what you do for someone today and what others do for you tomorrow, but it is there. It's a law of the universe that if you help others you also help yourself.

♎ Libra
Sept. 24 - Oct. 23
You won't have to work hard to get what you want today. With Jupiter transiting one of the best areas of your chart, many things come easy to you. Think what you might achieve if you make a serious effort.

♏ Scorpio
Oct. 24 - Nov. 22
You may seriously be thinking about giving up on your quest. Don't! You may still be some way to from the place you want to be but half your journey is already behind you.

♐ Sagittarius
Nov. 23 - Dec. 21
It may look as if some people have been less fortunate than you but there is no reason why you should feel guilty about it. Be the best you are at what you do and set an example.

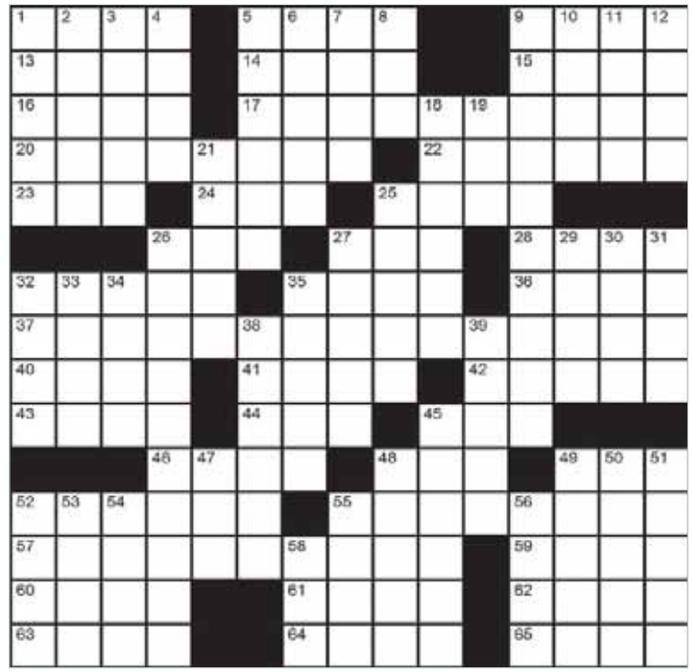
♑ Capricorn
Dec. 22 - Jan. 20
Don't interfere in a situation that has nothing to do with you. However pure your intentions, you will most likely annoy a friend or relative and may even make the situation worse than it was before.

♒ Aquarius
Jan. 21 - Feb. 19
You feel you should be doing something more, something that has meaning. Has it not occurred to you that just being yourself is enough? Maybe you are standing too close to yourself to see it.

♓ Pisces
Feb. 20 - March 20
You can devote the day to pleasure or to work —the choice is yours alone to make. Whichever course you choose, some people are sure to complain but you must ignore them. Their pleasure, it seems, is complaining. SALLY BROMPTON

Crossword: Canada Across and Down

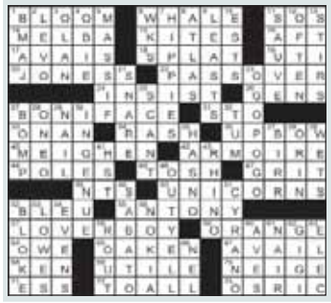
BY KELLY ANN BUCHANAN



Across
1. Pink Floyd's "Comfortably __"
5. Gremlins
9. Operation-giver, for short
13. "Are you __ out?": 2 wds.
14. Say __ (Deny): 2 wds.
15. "Dynamite" singer Mr. Cruz
16. "Star Trek: Deep Space __"
17. "Run Run Run" band from Toronto
20. Canadian fashion brand: 2 wds.
22. Flood-stoppers
23. Bug
24. Half of two
25. Feeling
26. Protrude
27. __. Engr.
28. Herb
32. Mixtures
35. Compete on ABC's "Splash"
36. Puccini aria: "_ __ Babbino Caro"
37. RCAF's CF-18: 2 wds.
40. Store door sign
41. South's opposite, in French
42. Curses
43. Swedish artist, Anders __
44. Aunt: Spanish
45. Iceland band, Sigur __
46. House's back or front area
48. Endings for many Y-ending words when plural
49. Job applicant's 9-digit ID
52. Jagged chain of mountains
55. Quebec locale historically a mining town
57. Component of any makeover: 2 wds.
59. Songstress Ms. Perry
60. Bryan Adams' "18 __ _ Die"
61. Comic strip, __ and Janis
62. Tehran's locale
63. Dutch city
64. "As if!": 2 wds.
65. Richie's mom to Fonzie, __. _

Down
1. "Teenage Mutant __ Turtles"
2. Toronto's __ Station
3. French impressionist, Claude __
4. Brief: French
5. Tab key function
6. Kind of code
7. Memphis deity in ancient Egypt
8. Soak, in dialect
9. Dock workers
10. 'Grad' add-on (Get a diploma)
11. Ceremony
12. Proceeds
18. Master Twist, Charles Dickens character
19. Bird beak
21. Awaken
25. Brilliant
26. "Fire It Up" born in Scotland/raised in Canada singer: 2 wds.
27. Single-named American songstress
29. Jumbo-sized movie venue
30. Vitality
31. Oodles
32. "The Wizard __" (1939): 2 wds.
33. Prefix with 'suction'
34. Disney CEO, Bob __
35. Sci-Fi character
38. Catch
39. Selected
45. Start the computer again
47. 'A' in ETA, for short
48. Basket fibre
49. Ringo's last name
50. Wee bits
51. "Bye Bye Bye" band
52. U.S. pre-coll. exams
53. "__ __ were up to me..."
54. French: Ici __ __ (Here and there)
55. Two choices, _ __ _
56. __ milk
58. Yes, in Japan

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6		3		2		4	
		8	1		7	9		
5								7
		6		1		5		
2								8
		5		8		4		
3								9
		1	8		5	6		
	8		7		9		2	

Yesterday's Sudoku

2	9	8	4	5	6	1	7	3
4	6	3	1	7	9	2	5	8
7	1	5	3	8	2	4	6	9
9	7	4	6	1	3	5	8	2
1	8	6	5	2	7	9	3	4
3	5	2	8	9	4	7	1	6
6	4	9	7	3	5	8	2	1
8	3	7	2	4	1	6	9	5
5	2	1	9	6	8	3	4	7

Today
11°/6°
Cloudy

Wednesday
13°/7°
Variable

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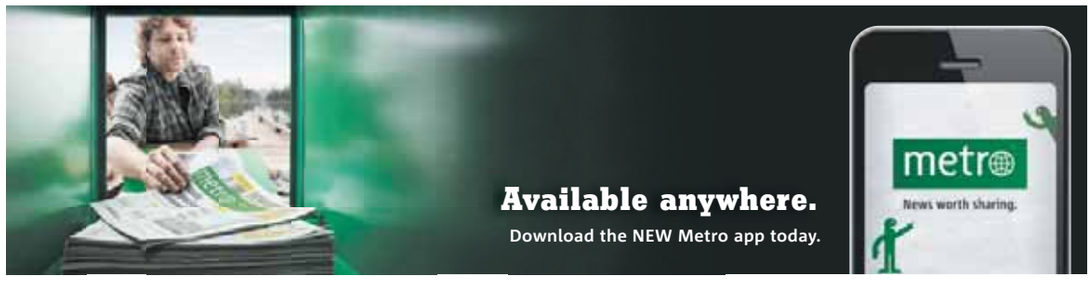

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Sterling Silver, per Gram	$0.59	$0.74
Silver Canadian Coins from 1966 and earlier, per $1 face value	$14.36	$15.71

Prices in this ad based on gold @ U$1,601.72 and silver @ U$29.30 and a USD/CAD exchange rate of 1.0128 on February 19, 2013, the day this ad was created.

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1875H 25¢	$200.00 and up
1889 10¢	$350.00 and up
1921 5¢	$4,000.00 and up
1923 1¢	$14.00 and up

Silver Coins *Per $1.00 Face Value*

Canada 1968	$9.58
Canada 1967	$12.25
Canada 1966 and earlier	$15.71
USA 1964 and older	$19.07

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14kt	$27.02
18kt	$34.81

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